

# YARROW



ACHILLEA  
MILLEFOLIUM

# AGRIMONY



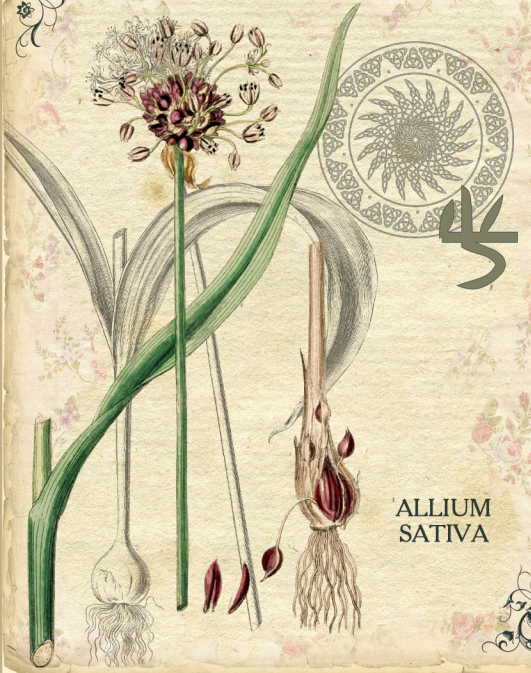
AGRIMONIA  
SPP.  
COMMON AGRIMONY  
(A. EUPATORIA)  
HAIRY AGRIMONY  
(A. PILOSA)

# LADY'S MANTLE



ALCHEMILLA  
XANTHOCLORA

# GARLIC



ALLIUM  
SATIVA

# ALOE



ALOE  
VERA

# GALANGAL



ALPINIA  
SPP  
GALANGAL  
(A. GALANGA)  
LESSER GALANGAL  
(A. OFFICINARUM)



## YARROW

### ACTIONS :

Aerial parts/flowers: astringent, diaphoretic, peripheral vasodilator, digestive stimulant, restorative for menstrual system, febrifuge.

### AERIAL PARTS

Infusions: Use to encourage sweating to reduce fevers. Combine with elderflowers and peppermint for colds and influenza. The infusion also makes a good appetite stimulant and digestive tonic.

Tinctures: Use a standard dose for cardiovascular problems, urinary disorders, or menstrual irregularities.

Compress: Use a pad soaked in infusion on dilute tincture to soothe varicose veins.

### LEAVES

Fresh: Single leaves, inserted in the nostrils can be used to stop nosebleeds: the feathery leaves encourage clotting.

Poultice: For emergency first aid bind washed fresh leaves to cuts and grazes.

### FLOWERS

Steam inhalation: Use 1 tablespoon of fresh flowers in a bowl of boiling water for hay fever and mild asthma.

Infusion: Use externally as a wash for eczema or internally drink as tea for hay fever and upper respiratory catarrh.

### ESSENTIAL OIL

Massage oil: Use 5–10 drops of yarrow oil in 25 ml of infused St John's wort oil for inflamed joints as in arthritis or tennis elbow.

Chest rub: Combine with essential oils of eucalyptus, peppermint, hyssop, or thyme in a carrier vegetable oil for chesty colds. Use no more than a total of 20 drops of essential oil in 25 ml of base (e.g. almond or sunflower oil).

### CAUTIONS:

- In rare cases yarrow can cause an allergic reaction, usually in the form of skin rashes, and prolonged use can increase skin photosensitivity.
- Large doses should be avoided in pregnancy.

## AGRIMONY

### ACTIONS :

Astringent, diuretic, tissue healer, hemostatic, stimulates bile flow, some antiviral activity reported; *A. pilosa* is also considered antiparasitic.

### *A. eupatoria*

#### LEAVES AND AERIAL PARTS

Infusion: Gentle, cooling astringent remedy ideal for diarrhea, especially in infants and children, and can be taken by breastfeeding mothers to dose babies. The infusion can also be used externally as a wash for wounds, sores, eczema (especially weeping/wet types), and varicose ulcers.

Gargle: A standard infusion can also be used as a gargle for sore throats and nasal catarrh.

Tincture: More potent and drying than the infusion and effective if the condition involves excess phlegm or mucus — useful for cystitis, gallbladder disease, urinary infections, bronchitis, heavy menstrual bleeding and haematuria.

Eyewash: A weak infusion (10 g to 500 ml of water) can be used in an eye bath for conjunctivitis.

Poultice: A poultice of the leaves can be used for migraines.

### *A. pilosa*

Decoction: Used for bleeding disorders, including heavy uterine bleeding, haematuria (e.g. in cystitis), dysentery, and digestive parasites.

Douche: Use the decoction (cooled and strained) for Trichomonas vaginalis infections.

Compress: A compress soaked in the decoction can be used for boils and carbuncles.

### CAUTIONS:

- Astringent herb so best avoided in constipation.

## LADY'S MANTLE

### ACTIONS :

Astringent, menstrual regulator, digestive tonic, anti-inflammatory, wound herb.

### AERIAL PARTS

Infusion: Use for diarrhea or gastro-enteritis: take up to five times daily for acute symptoms.

Wash: Apply the infusion externally as a wash for weeping eczema or sores.

Gargle: Use the infusion for sore throats, laryngitis or as a mouthwash for mouth ulcers.

Douche: Use the infusion for vaginal discharges or itching.

Tincture: Convenient for regular use for menstrual irregularities or menopausal problems.

Cream: An effective cream for vaginal itching can be made using lady's mantle and rosewater with emulsifying ointment or another base. Typically combine 50 g of ointment base with around 20 ml rosewater and 15 ml of lady's mantle infusion or tincture (exact quantities will depend on the type of base and its absorbency) and use night and morning.

Pessaries: The tincture can be used in pessaries for vaginal discharges and itching. Use 20 drops of standard tincture in 20 g of cocoa butter to make 12–16 pessaries (depending on mold size).

### CAUTIONS:

- Should be avoided in pregnancy as it is a uterine stimulant.

*\*Reminiscent of the Virgin's cloak in medieval paintings, the leaves with scalloped edges are reputed to give lady's mantle its name. Like many herbs with "lady" or "mother" as part of their common name, it is a valuable gynecological herb specifically for heavy menstrual bleeding and vaginal itching. Highly astringent and rich in tannins, it was one of the most popular wound herbs on the battlefields of the fifteenth and sixteenth centuries.*

## GARLIC

### ACTIONS :

Antibiotic, expectorant, diaphoretic, hypotensive, anti-thrombotic, reduces cholesterol levels, hypoglycemic, antihistaminic, antiparasitic.

Fresh cloves: Rub on acne pustules or mash and used to draw corns. The mashed cloves can be used on warts and verrucae. Add the cloves regularly to the diet as a prophylactic against infection, to reduce blood cholesterol levels, and to improve the quality of the cardiovascular system. Additional crushed cloves (3–6 daily in acute conditions) can be eaten for severe digestive disorders (gastro-enteritis, dysentery, worms) and infections.

Juice: Drink for digestive disorders and infections or to combat atherosclerosis.

Tincture: Can be used as an alternative to the juice.

"Pearls": Many types are available commercially - the more deodorized, the less effective the preparation will be.

Powder: Garlic powder can be made into capsules as a rather aromatic alternative to commercial "pearls." Clinical trials suggest that 2 g of powder daily can be effective as a preventative for further heart attacks in those who have already suffered one attack. Daily capsules can also combat infections including candidiasis.

Maceration: Steep 3–4 garlic cloves in water or milk overnight and next day drink the liquor for intestinal parasites.

### CAUTIONS:

- Garlic is very heating and can act as a stomach irritant. Combining it with carminatives like coriander, anise, fennel, lemon balm, etc., can help especially in cooking.
- Garlic oil can be a skin irritant. It should be avoided if the condition involves hot, dry symptoms and can deplete body fluids.
- While culinary quantities are generally safe, garlic should not be taken in therapeutic doses during pregnancy and lactation.

## ALOE

### ACTIONS :

Purgative, cholagogue, wound healer, tonic, demulcent, antifungal, styptic, sedative, anthelmintic, reputed rejuvenate and anti-aging, reduces blood sugar and cholesterol levels.

### LEAVES

Powder: Use 100–500 mg of powder per dose or in capsules as a purgative for stubborn constipation and to stimulate bile flow.

Tincture: Use 1–3 ml of a standard tincture per dose as an appetite stimulant or for constipation. The taste is unpleasant.

### GEL OR SAP

Fresh herb: Apply the split leaf directly to burns, wounds, dry skin, fungal infections, insect bites, etc. Up to 2 teaspoons of the sap can be taken in a glass of water or fruit juice three times daily as a tonic.

Inhalant: Use the gel in a steam inhalant or vaporizer for bronchial congestion.

Tonic wine: Fermented aloe gel with honey and spices is known as kumaryasava in India and is used as a tonic for anemia, poor digestive function, and liver disorders.

Ointment: Collect a large quantity of gel and boil down to a thick paste. Store in clean jars and use as the fresh leaves.

### CAUTIONS:

- Avoid in pregnancy.
- Aloe should not be taken internally by young children.
- High doses of the leaves may cause vomiting.

*\*The thick mucilaginous sap is also useful for any dry skin condition and can be used for treating fungal infections such as ringworm and athlete's foot. Extracts of the gel have been successfully used on mouth ulcers while US research suggests it may be active against breast and liver cancers and HIV. In Ayurveda, the gel is regarded as an important tonic for liver, blood, and female reproductive organs.*

## GALANGAL

### ACTIONS :

Carminative, digestive tonic, promotes sweating, prevents vomiting, stimulant, antifungal.

### FRESH RHIZOME

*A. galanga*

Decoction: Use 1–2 slices per mug for minor digestive problems and chills.

### DRIED RHIZOME

*A. galanga*

Powder/capsules: Take 1–2 x 200 mg capsules for digestive upsets, stomach cramps, indigestion and flatulence.

Tincture: Use 10 drops per dose as a circulatory and heart tonic; use 2–3 drops on the tongue as required for angina pectoris attacks, dizziness and palpitations.

*A. officinarum*

Decoction: Use for chills, minor stomach pains and indigestion.

Capsules: Take one or two 200 mg capsules before travelling to combat motion sickness.

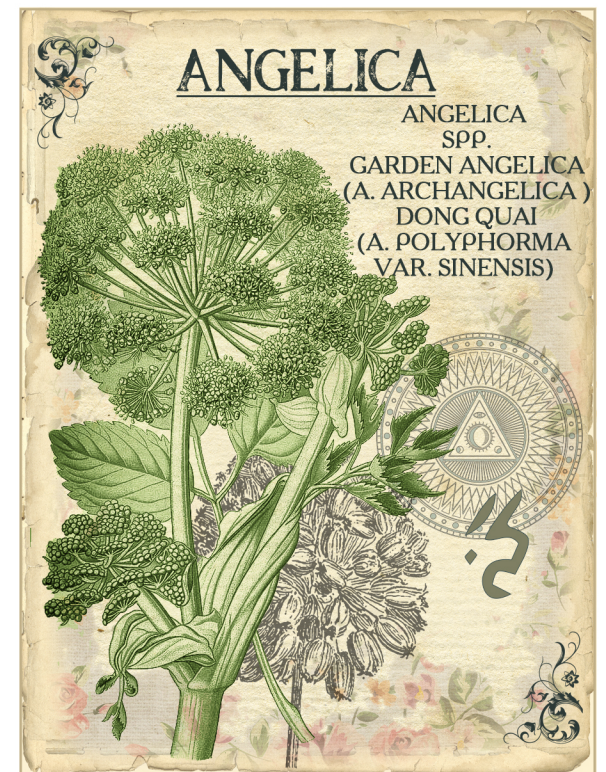
Tincture: Take 2–10 drops per dose for nausea, stomach chills or indigestion.

### CAUTIONS:

- Heart problems such as angina pectoris need professional treatment.
- Do not use galangal to replace prescribed medication without consulting your health care professional.

*\*Originally from Southeast Asia, galangal (*A. galanga*) is important in both Chinese and Ayurvedic medicine. It is known as kulanjian in Hindi and is used as a popular stomach remedy. Lesser galangal (*A. officinarum*) is used in similar ways as a digestive remedy in India and is known as gao liang jiang in China.*







## MARSHMALLOW

### ACTIONS :

Root: demulcent, expectorant, diuretic, wound herb.

Leaves: expectorant, diuretic, demulcent.

Flowers: expectorant.

### ROOTS

Tincture: Used for inflammations of the mucous membrane in digestive and urinary systems.

Maceration: 25 g of root to 500 ml of cold water and allowed to stand overnight. This can be very thick and mucilaginous and may need further dilution but is a good soothing brew for oesophagitis, gastric ulceration, or cystitis.

Poultice: Use the root or a paste of the powdered root mixed with water for skin inflammations and ulceration.

Ointment: For wounds, skin ulceration, or to help draw splinters, melt 50 g anhydrous lanolin, 50 g beeswax, and 300 g soft paraffin together over water bath. Add 100 g of marshmallow root powder and heat for an hour.

When this mixture has cooled to room temperature, stir in 100 g of powdered slippery elm bark to form a thick mixture.

Compress: Compresses soaked in the tincture or decoction can be used externally as the poultice.

### LEAVES

Infusion: Mainly used for bronchial or urinary disorders: use standard doses.

Tincture: Used as the infusion. For coughs, it can be combined with herbs like white horehound or hyssop, while for urinary complaints combine with yarrow and buchu, for example.

### FLOWERS

Syrup: A cough syrup can be made by combining a standard infusion of the flowers (25 g to 500 ml) with 500 g of honey or sugar.

Infusion: Can be combined with coltsfoot, sweet violet and corn poppy flowers to make the French "tisane des quatre fleurs" used as an expectorant and anticatarrhal tea.

## KHELLA

### ACTIONS :

Antispasmodic, relaxant, anti-asthmatic, diuretic, relaxes the coronary arteries.

### A. visnaga

Infusions: Use a weak infusion for asthma, bronchial spasms or bronchitis.

Tinctures: Use 20 drops in a little water per dose to relieve colic, urinary spasms and gall bladder pain. The same mixture can also help in asthma. Steam inhalant: Put 1 teaspoon of seeds into a basin of boiling water and use as a steam inhalant to relieve mild asthma attacks, bronchial spasms, hay fever, and colic.

Capsules: Use 1-2 x 200 mg capsules up to three times daily to combat mild asthma attacks or to improve the blood supply to the heart in angina pectoris.

Syrup: Use a syrup made from the infusion for bronchitis or whooping cough.

### A. majus

Cream: Apply regularly to patches of psoriasis or vitiligo.

### CAUTIONS:

- The use of khella is restricted in some countries, including Australia.
- Long-term use or high doses may lead to nausea and insomnia.
- Stop use immediately if allergic reactions occur.
- Avoid in diabetes and high blood pressure.

*\*Since ancient times, khella seeds have been used in Arab and Middle Eastern medicine as a smooth muscle relaxant to ease colic and asthma. Pliny reports that the plant was used in a similar way to cumin, and Hippocrates referred to it as "royal cumin," because he believed its effects to be superior to cumin. The use of khella spread to Europe from North Africa with the Moors, and it was a popular remedy for whitening teeth in parts of Spain. A close relative A. majus (bishop's weed) is used in similar ways and was called ameos or ammi in Elizabethan times.*

## ANGELICA

### ACTIONS :

A. archangelica. Root: antispasmodic, diaphoretic, expectorant, carminative, diuretic.

Leaves: carminative, topical anti-inflammatory.

Essential oil: digestive tonic, antirheumatic.

A. polyphorma var. sinensis: Root: blood tonic, circulatory stimulant, laxative.

### A. archangelica

#### LEAVES

Infusion: Use in standard doses for indigestion.

Compress: Use the infusion or diluted tincture for pleurisy.

Tincture: Up to 3 ml, three times daily as a simple for bronchitis or flatulent digestion.

Cream: Anti-inflammatory cream for skin irritations and dermatitis.

#### ROOTS

Tincture: Take for bronchial catarrh, chesty coughs, digestive disorders or as a liver stimulant.

Maceration: The root steeped in water overnight can be used as an alternative to the tincture and in similar ways.

Compress: Soak a pad in the diluted tincture or decoction and apply to painful or rheumatism or arthritic joints.

### A. polyphorma var. sinensis

#### ROOT

Decoction: Used for anemia, menstrual irregularities, menstrual pain or weakness after childbirth; also for constipation in the elderly.

Tincture: Use as the decoction.

#### CAUTIONS:

- Large or regular doses of all the angelicas should be avoided in pregnancy and diabetes.
- All varieties are heating and can be contraindicated in hot conditions.

## CELERY

### ACTIONS :

Antirheumatic, sedative, urinary antiseptic, diuretic, carminative, hypotensive, some antifungal activity reported.

### SEEDS

Infusion: A useful tea for joint inflammations (specifically rheumatoid arthritis and gout) can be made from 2 teaspoons of celery seed and 1 teaspoon of lignum vitae (Guaiacum officinale) per cup of boiling water.

Tincture: Combined with root and used as below.

### ROOT

Tincture: Used mainly as a diuretic in hypertension and urinary disorders or as a component in arthritic remedies. Also used as a kidney energy stimulant and cleanser. A mixed tincture made from seed and root can is also used.

### ESSENTIAL OIL

Massage oil: Use up to 20 drops in a teaspoon of olive or almond oils as a massage for arthritic inflamed joints.

Footbath: For very painful gout in the feet or toe joint use 15 drops of oil in a bowl of warm water to soak the feet.

### STALKS

Juice: The whole fresh plant (seeds, root, stalks, leaves) can be juiced and used internally for joint and urinary tract inflammations such as rheumatoid arthritis, cystitis, or urethritis. The juice is also nourishing for debilitated conditions and nervous exhaustion.

### CAUTIONS:

- Traces of bergapten in the seeds could increase photosensitivity if the extracted oil is used externally in bright sunshine.
- The oil and large doses of the seeds should be avoided in pregnancy as apiol can act as a uterine stimulant.
- Do not use commercially supplied seeds intended for cultivation as these are often treated with fungicides.

## BURDOCK

### ACTIONS :

Root: alterative, mild laxative, diuretic, diaphoretic, antirheumatic, antiseptic, antibiotic.

Leaves: aperient, diuretic. Seeds: febrifuge, anti-inflammatory, antibacterial, hypoglycemic.

### ROOTS

Decoction: Cleansing remedy for many skin disorders especially persistent boils, sores and dry, scaling eczema. Can also be used as a face wash for acne and fungal skin infections such as athlete's foot or ringworm.

Tincture: In combination with specific arthritic or digestive herbs to detoxify the system or stimulate the digestion; also for urinary stones and gravel.

Poultice: For skin sores and leg ulcers.

### LEAVES

Infusion: For indigestion in wineglass doses before meals and as a mild digestive stimulant.

Poultice: For bruises and skin inflammations (including acne).

Infused oil: A hot infused oil can be used for treating varicose ulcers.

### SEEDS

Decoction: For feverish colds with sore throat and cough works well combined with honeysuckle flowers and forsythia berries. Use with heartsease for skin eruptions.

## WORMWOOD & MUGWORT

### ACTIONS :

Bitter digestive tonics and uterine stimulants.

A. absinthum anthelmintics; A. vulgaris is also a stimulating nervine, menstrual regulator, and antirheumatic.

### A. ABSINTHUM

Infusion: For hepatitis, jaundice, sluggish digestion, poor appetite, and gastritis. As an anthelmintic use is similar to southernwood.

Compress: A pad soaked in the infusion soothes bruises and insect bites.

Wash: The infusion can be used externally for skin infections such as scabies and mange.

Tincture: Similar applications to the infusion but do not exceed 3 ml daily.

Wine: Many bitter aperitifs (like vermouth) contain wormwood to act as a digestive stimulant before meals.

Powders: Doses up to 10 g daily can be used to clear severe parasitic infestations but treatment should not be attempted without professional advice.

### A. VULGARIS

Infusion: For menopausal syndrome.

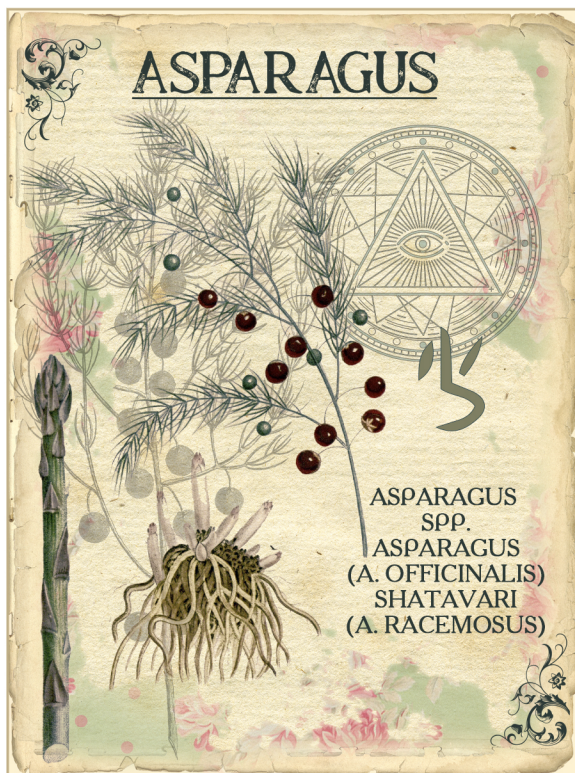
Tincture: Used for many types of menstrual disorders including scanty menstruation, prolonged bleeding, or menstrual pains. In childbirth used for prolonged labor and retained placenta. A good bitter stimulant in liver stagnation and sluggish digestion.

Decoction: Combine with dry ginger to make a warming tea for menstrual pain.

### CAUTIONS:

- All Artemisia spp. should be avoided during pregnancy and breastfeeding. They are uterine stimulants and may cause fetal abnormalities.
- Take for short periods only.







## ASPARAGUS

### ACTIONS :

**A. officinalis:** diuretic, bitter digestive stimulant, mild laxative, sedative, source of folic acid and selenium.

**A. racemosus:** tonic, demulcent, antibacterial, antitussive, expectorant, antitumor.

### DRIED ROOT

**Tian men dong/A. racemosus**

**Decoction:** Use with ginseng and sheng di huang for lingering coughs and debility following influenza.

**Shatavari/A. racemosus**

**Powder:** Take up to 3 g of the powder daily in warm milk as a tonic for the female reproductive system.

**Tincture:** Use the tincture with an equal amount of almond oil, well-shaken, as a rub for stiff joints and muscle spasm.

### A. officinalis

**Juice:** Take 10 ml three times a day of the fresh root juiced in a food processor, as a diuretic.

### SHOOTS

#### A. officinalis

**Fresh shoots:** Eat 3–4 young shoots at meals once or twice a day for cystitis or swollen ankles.

### CAUTIONS:

• Traditionally, tian men dong is avoided in cases of diarrhea and coughs caused by common colds.

*\*The Chinese call the tuberous roots of both A. racemosus and A. cochinchinensis, tian men dong, which literally means "lush winter aerial plant." It is used to nourish yin and clear heat so is given for symptoms of kidney energy weakness, such as night sweats and impotence, as well as to replenish body fluids, as in dry coughs, dry throat, or constipation.*

## BORAGE

### ACTIONS :

**Leaves:** Adrenal stimulant, galactagogue, diuretic, febrifuge, antirheumatic, diaphoretic, expectorant.

**Juice:** Antidepressant, topical anti-pruritic, demulcent and anti-inflammatory.

**Seeds:** Important source of essential fatty acids.

### LEAVES

**Tincture:** Use 2–5 ml three times daily as a post-steroid therapy tonic and for the effects of stress.

**Infusion:** A standard infusion can be used for the early stages of lung disorders (especially pleurisy) or for feverish colds. In lactating mothers, borage tea can be used with fennel to stimulate milk flow.

**Juice:** Use 10 ml three times daily for depression, grief, or excessive anxiety.

**Lotion:** Dilute fresh or bottled juice 50:50 with water as a lotion for irritated, dry skin. It can also be helpful for nervous rashes.

### SEEDS

**Capsules:** Use 500 mg in capsule form daily as a supplement in cases of eczema or rheumatoid arthritis. Can also be helpful in some cases of menstrual irregularities, irritable bowel syndrome or, like evening primrose oil, as emergency first aid for hangovers (use 1 g the "morning after").

### FLOWERS

**Syrup:** Make a standard infusion and sweeten with honey or sugar (500 g to 500 ml of infusion) as an expectorant for coughs. Can be combined with mullein or marshmallow flowers.

## OATS

### ACTIONS :

**Oatstraw:** antidepressant, restorative nerve tonic, diaphoretic.

**Seeds:** antidepressant, restorative nerve tonic, nutritive.

**Bran:** antithrombotic, reduces cholesterol levels.

**Fresh plant:** antirheumatic in homoeopathic tincture.

### OATSTRAW (WHOLE PLANT)

**Fluid Extract:** Use doses of 2–3 ml as a sedative and antidepressant in anxiety, insomnia, etc. Combines well with vervain. The tincture can be used in a similar way. Also as a nutritive addition to remedies for colds and chills encouraging sweating.

**Decoction:** The whole dried plant is used in a standard decoction as the fluid extract. The decocted liquid can also be used as a healing wash for skin conditions.

### OATMEAL (GROUND SEEDS)

**Poultice:** For skin conditions (due to the high silica content) such as eczema, herpes (cold sores) or shingles.

### CAUTIONS:

• For those sensitive to gluten (e.g., as in coeliac disease) decoctions or tinctures should be allowed to settle and then the clear liquid only decanted for use.

*\*Recent research has shown that oat bran is particularly effective at reducing serum cholesterol levels. It is produced from the coarse husk of the grains separated from oatmeal during the milling process.*

*\*\*Oats can also be used for thyroid and estrogen deficiency and can be supportive in degenerative diseases like multiple sclerosis and for colds — especially if recurrent or persistent. The crop is harvested when the grains are ripe and the whole plant dried and chopped.*

## CABBAGE

### ACTIONS :

**Anti-inflammatory, antibacterial, antirheumatic, tissue proliferant and healing, liver decongestant.**

### LEAVES

**Fresh leaves:** Use directly on arthritic or sprained joints by stripping out the central rib of the leaf and beating gently to soften it slightly, then bind onto the joint with an elasticated bandage. A similar leaf can be inserted between breast and bra cup for mastitis and to relieve engorged breasts. Fresh cabbage leaves can also be rubbed on insect bites and placed on varicose ulcers for 3–4 hours or overnight.

**Lotion:** For acne mix 250 g of fresh leaves and 250 ml of distilled witch hazel in a blender. Strain and add two drops of lemon juice oil to the mixture and use night and morning.

**Decoction:** Boil 60 g of cabbage leaves in 500 ml water for an hour and use in wine glass doses internally for colitis.

**Syrup:** Use the standard decoction or red or green cabbage and sweeten with 250 g of honey, use in 10 ml doses for chesty coughs, asthma, and bronchitis

**Juice:** Process fresh cabbage leaves in a juicer with a little water and drink up to 1 liter of it daily to repair gastric or duodenal ulceration. Treatment generally needs to be continued for at least three weeks. Chamomile or fennel seed tea can be taken as well to counteract any excessive flatulence.

*\*Externally it can be used on wounds, ulcers, inflammations and arthritic joints, neuralgia, and a range of skin conditions, especially acne. In folk medicine the leaves have been taken internally for almost every ailment including digestive disorders, lung complaints, migraines, fluid retention, and all manner of aches and pains. Recent clinical trials have demonstrated its effectiveness for stomach ulcers.*

## BLACK COHOSH

### ACTIONS :

**Antispasmodic, antiarthritic, anti-inflammatory, ant-rheumatic, mild analgesic, relaxing nervine, sedative, relaxes blood vessels, promotes menstruation, diuretic, antitussive, reduce blood pressure, lowers blood sugar levels.**

### ROOT & RHIZOME

#### A. racemosa

**Decoction:** Use half a cup of standard decoction per dose for back pain, facial neuralgia, sciatica, and rheumatic pains. Combine with an equal amount of bogbean and valerian.

**Tincture:** Use 20 drops per dose with an equal amount of St. John's wort for relieving the hot flushes, night sweats, and emotional upsets associated with the menopause. The tincture can also be used with antirheumatic herbs in remedies for low back pain, osteoarthritis, sciatica and general muscle aches and pains.

**Syrup:** Combine with elecampane and licorice for whooping cough and bronchitis.

**Capsules:** Use 1 x 200 mg two or three times a day of powdered herb in capsules for back pains and rheumatic problems; combine with devil's claw.

#### Sheng ma/A. foetida or A. dahurica

**Decoction:** Use with red peony (chi shao yao), licorice, and ge gen for measles and feverish chills.

**Tincture:** Use with tonic herbs such as huang qi, ginseng, and bai zhu to strengthen spleen and stomach qi.

### CAUTIONS:

• Excess can cause nausea and vomiting.  
• The herb should be avoided in pregnancy.

## POT MARIGOLD

### ACTIONS :

**Astringent, antiseptic, antifungal, anti-inflammatory, wound herb, menstrual regulator, cholagogue.**

### PETALS

**Infusion:** Use a standard infusion for gastritis and oesophagitis. Also for menopausal problems and menstrual pain.

**Tincture:** Use in standard 5 ml doses for stagnant liver problems including gall-bladder disorders and sluggish digestion. Also for menstrual problems, particularly irregular or painful periods. Combine with herbs like chasteberry for premenstrual disorders. Combine with cleavers and red clover for lymphatic disorders such as glandular fever. Generally, 90% alcohol is used for making marigold tincture.

**Mouthwash:** Use a standard infusion for mouth ulcers and gum disease.

**Compress:** Apply a pad soaked in the infusion to slow-healing wounds or varicose ulcer. The infusion can be used as a wash for similar conditions.

**Cream:** Use for any problem involving inflammation or dry skin — wounds, dry eczema, sore nipples in breast feeding, minor burns and scalds, sunburn, etc.

**Infused oil:** Use on chilblains, hemorrhoids, broken capillaries. Can be used as a base for massage oils for rheumatism.

### ESSENTIAL OIL

**Pessaries:** For vaginal thrush, add 10 drops of marigold oil and 10 drops of tea tree oil with 15 g of melted cocoa butter. Pour into pessary molds and allow to set. Use 1–2 times daily.

**Bath:** Add 5–10 drops of oil to bath water for nervous anxiety, irritability, or depression. Combines well with basil.

### CAUTIONS:

• Do not confuse this plant, or its essential oil, with preparations made from the French marigold — Tagetes patula — and related species, which can be used as weed killers, insecticides, and for warts.



# TEA



CAMELLIA  
SINENSIS

# SHEPHERD'S PURSE



CAPELLA  
BURSA-PASTORIS

# CAYENNE



CAPSICUM  
FRUTESCENS

# CINNAMON

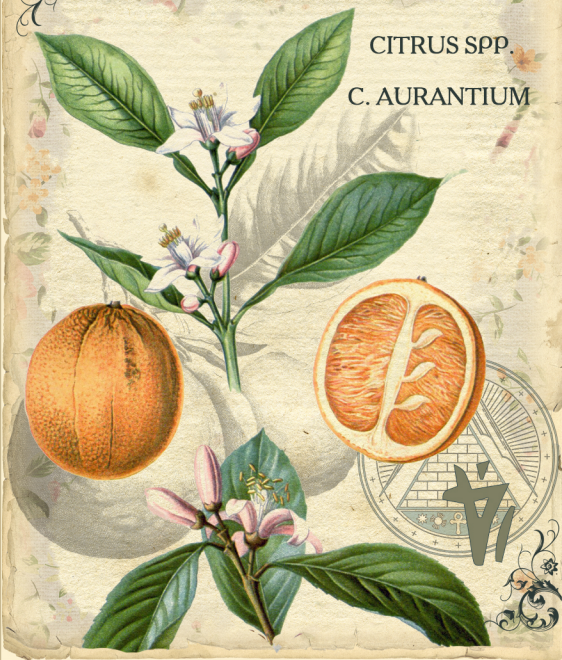


CINNAMOMUM  
ZEYLANICUM

CINNAMOMUM  
CASSIA

\*CHINESE CINNAMON

# BITTER ORANGE



CITRUS SPP.

C. AURANTIUM

# TANGERINE & BERGAMOT



CITRUS SPP.  
TANGERINE  
(C. RETICULATA)  
BERGAMOT  
(C. BERGAMIA)



## TEA

### ACTIONS :

Stimulant, astringent, some varieties reduce cholesterol levels, antitumor properties reported in green teas.

#### GREEN TEA

Infusion: After meals to improve dental hygiene and limit the risk of caries.  
Poultice: Damp green or black tea leaves can be used on insect bites to reduce itching and inflammation.

Compress: A pad soaked in weak green tea (which is more astringent than black) makes an emergency first aid treatment to ease bleeding from cuts and grazes.

#### OOLONG TEA

Infusion: After fatty meals to reduce cholesterol levels and as a prophylactic for arterial disease.

#### BLACK TEA

Infusion: A strong infusion (2 teaspoons per cup of boiling water) of ordinary tea (without milk or sugar) for diarrhea. Antibacterial action (especially against *Streptococcus* and *Staphylococcus* spp.) also makes this remedy suitable for food poisoning and dysentery. A similar infusion of strong black tea is a favorite Cantonese remedy for hangovers.

Poultice: Used tea bags can be used as poultices for tired eyes.

Wash: A weak infusion can be used as a soothing wash for sunburn.

#### CAUTIONS:

- High levels of caffeine-like alkaloids can lead to increased heart rate. Intake should be limited (no more than two cups daily) by those already suffering from irregular heart-beat. Pregnant women and nursing mothers should also limit intake because of the alkaloid content.
- Bitter taste can stimulate gastric acid production so excessive consumption is also best avoided by those with stomach ulcers.

## CINNAMON

### ACTIONS :

Bark: carminative, warming digestive remedy, diaphoretic, antispasmodic, antiseptic, tonic.

Essential oil: antibacterial and antifungal.

#### INNER BARK

Decoction: Use for chronic diarrhea, kidney weakness, or conditions related to weakened kidney energy (qi). Can be used for cold conditions if the twigs are not available.

Tincture: Dilute with hot water for colds and chills.

Powder/Capsules: Use for cold conditions affecting the kidney and digestion.

#### TWIGS

##### C. cassia

Decoction: Ideal for colds, stomach chills, etc. Combines well with ginger.

Tincture: Dilute with hot water and use as the decoction.

Compress: Use a pad soaked in the decoction or diluted tincture for arthritic and rheumatic pain.

#### ESSENTIAL OIL

##### C. zeylanicum

Steam inhalant: Use 5 drops of cinnamon oil in boiling water as an inhalant for coughs and respiratory irritation. Combines well with 2–3 drops of eucalyptus, thyme and/or lavender.

Massage: Use 10 ml in 25 ml of vegetable oil as a massage for abdominal colic, stomach chills, or diarrhea.

#### CAUTIONS:

- Avoid in pregnancy (especially the essential oil).
  - Do not take essential oils internally without professional guidance.
- Cinnamon oil can irritate the mucous membranes and should be used in gelatin capsules internally.
- Use only with care in overheated or feverish conditions.

## SHEPHERD'S PURSE

### ACTIONS :

Astringent, uterine relaxant, styptic, urinary antiseptic, circulatory stimulant, hypotensive.

#### WHOLE HERB

Tincture: Up to 10 ml doses three times a day for heavy uterine bleeding, cystitis (especially if the case is severe and there is blood in the urine), or chronic diarrhea.

Infusion: A strong infusion (twice the standard mix) of fresh or recently dried herb is best. Use as with the tincture. A hot infusion can also be sipped during labor to stimulate contractions.

Decoction: Chinese medicine generally favors decocting the herb (30 g of herb to 500 ml water and reducing to about 150 ml) for uterine bleeding and diarrhea, as well as feverish and infectious conditions.

Poultice: The fresh herb can be applied to bleeding wounds as an emergency styptic in first aid.

Compress: A pad soaked in the infusion or diluted tincture can be used for cuts and grazes. Small cotton wool swabs soaked in the tincture can be inserted in the nostril for nosebleeds.

#### CAUTIONS:

- Avoid in pregnancy unless taken during labor as it is a uterine stimulant.
- For any sudden change in uterine bleeding or cases of hematuria seek professional advice before attempting self-medication.

*\* Shepherd's purse is eaten as a salad herb in many parts of the world. In Europe, it is used to stop both internal and external bleeding and it has a specific action on the uterus. In China, where it is known as ji cai, the sweet taste is considered good for the spleen. It is also used to treat a number of eye disorders including glaucoma and corneal problems.*

## BITTER ORANGE

### ACTIONS :

Fruits: carminative, hypertensive, diuretic, expectorant, energy tonic.

Essential oil: Neroli - sedative, tonic, antiseptic, antispasmodic

#### BITTER ORANGE

Decoction: Use for indigestion and constipation. Can also be combined with dang gui for menstrual pains.

Tincture: In drop doses for shock.

#### NEROLI OIL

Creams: Add 1–2 drops to skin cream.

Massage: 1–2 drops can be added to massage rubs for nervous conditions, and digestive upsets.

Orange flower water: A by-product of steam distillation good as a soothing carminative or for fear and shock; add 5–10 ml to baby's feeding for colic or sleeplessness.

#### CAUTIONS:

- Essential oils should not be taken internally without professional advice.
- Bitter orange should be used with caution in pregnancy.

*\* True neroli, like bergamot, comes from the bitter orange, although sweet orange blossoms (C. sinensis) are used to make an inferior orange oil. Neroli is antidepressant and calming. In aromatherapy, it is used in insomnia, anxiety, and hysterical states, and also to slow and calm the heart in palpitations.*

## CAYENNE

### ACTIONS :

Circulatory stimulant, diaphoretic, gastric stimulant, carminative, antiseptic, antibacterial.

*Topically:* Counter-irritant, rubefacient.

#### FRUIT

Infusion: Use half a teaspoon of herb per cup of boiling water and then dilute a tablespoon of this infusion with more hot water and sip as required. Ideal for colds and chills, cold hands and feet, shock, or depression.

Use 2–3 drops of the undiluted infusions to stimulate digestive function.

Compress: A pad soaked in the infusion or diluted tincture can be used for rheumatic pains, sprains, or bruising.

Tincture: Use 5–10 drops in hot water as a circulatory stimulant and tonic. Can be combined with nervines like vervain and oats in depression.

Gargle: Use 5–10 drops of tincture to half a tumbler of warm water for sore throats or laryngitis; this is especially useful in debilitated and deficient conditions.

Infused oil: This can be used both as a warming massage for rheumatism, lumbago, arthritis, and similar conditions and to move blood. A little applied to the skin around a varicose ulcer (not on the ulcer) can encourage blood flow away from the congested area. Use 25 g of cayenne powder to 500 ml of sunflower oil and heat over a water-bath for 2 hours.  
Ointment: Both this and the infused oil can be used on chilblains — as long as the skin is not broken.

#### CAUTIONS:

- Avoid using the seeds which can be toxic.
  - Excessive consumption can lead to gastro-enteritis and liver damage.
  - Avoid during pregnancy and breastfeeding.
  - Compresses left on the skin for long periods can cause blistering.
- Caution is needed with very sensitive skins.

## TANGERINE & BERGAMOT

### ACTIONS :

Bergamot orange C. bergamia:

Essential oil: bergamot — antibacterial, carminative, antispasmodic, sedative, expectorant, vermifuge.

Tangerine C. reticulata:

Peel: diuretic, digestive remedy, expectorant.

#### TANGERINE PEEL

Decoction: Use either the immature or old peel for indigestion and abdominal bloating; chen pi can be used for coughs or combined with other expectorant herbs such as hyssop, mulberry or elecampane. A small piece is traditionally added to tonic herbal mixtures (such as ginseng, he shou wu, or dang gui, etc.) to modify the action.

Tincture: Use as decoction.

Syrup: Combine with coltsfoot or other cough syrups.

#### BERGAMOT OIL

Baths: 5–10 drops in a hip bath for vaginal itching or infections.

Ointments: In very small amounts (no more than 1 ml of bergamot oil to 100 ml of ointment base) for skin conditions including psoriasis and acne. Also as an insecticide for scabies.

Mouthwash: 2–3 drops to a glass of warm water as a mouthwash for bad breath due to oral bacteria. Do not swallow the mouthwash.

#### CAUTIONS:

- If preparing your own chen pi from commercially bought tangerines try to use organically grown fruit to minimize pesticide contamination.
- Bergamot oil increases photosensitivity of the skin — it should never be applied in bright sunshine; potentially irritant.
- Essential oils should not be taken internally without professional advice.



# HAWTHORN



CRATAEGUS SPP.

C. OXYCANTHA  
\*NORTHERN EUROPEAN  
HAWTHORN  
C. MONOGYNA  
\*COMMON HAWTHORN  
C. PINNATIFIDA  
\*CHINESE HAWTHORN

# JU HUA



DENDRANTHEMA X  
GRANDIFLORUM  
CHRYSANTHEMUM  
MORIFOLIUM

# YAM



DIOSCOREA SPP.  
D. VILLOSA  
\*MEXICAN WILD YAM  
D. HYPOGLAUCA  
\*BEI XIE  
D. OPPOSITA  
\*SHAN YAO

# ECHINACEA



ECHINACEA SPP.

E. ANGUSTIFOLIA  
E. PURPUREA

# MA HUANG



EPHEDRA  
SINICA

# HORSETAIL



EQUISETUM  
ARVENSIS



## HAWTHORN

### ACTIONS :

Peripheral vasodilator, cardiac tonic, astringent.

### FLOWERING TOP

**C. oxycantha and C. monogyna**

**Infusion:** Use a standard infusion as a general tonic for heart problems and to improve peripheral circulation. Combines well with linden flowers, yarrow or ju hua within a general strategy for hypertension.

**Tincture:** Use a standard tincture as the infusion in angina, hypertension, and related disorders with other suitable herbs.

### BERRIES

**C. oxycantha and C. monogyna**

**Juice:** Use juice from the fresh berries as a cardiac tonic, for diarrhea, poor digestion, or as a digestive tonic.

**Decoction:** Use 30 g of berries to 500 ml of water and decoct for 15 minutes (short decoction). Use for diarrhea, or with ju hua and gou qi zi for hypertension.

### Shan zha/C. pinnatifida

**Capsules:** Use the powdered berries with san qi powder for abdominal pain due to blood stagnation or for the pain of angina.

**Decoction:** Use 10–20 g with zhe ke for abdominal bloating or combine with dan shen and dang gui for period and post-partum pain.

\* The flowering tops are widely used as a heart tonic. Their precise action is still being researched, but it seems that it improves the coronary circulation reducing the risk of angina attacks and this in turn helps to normalize blood pressures. More recently high doses of hawthorn given by injection (in Germany) have been successfully used for highly irregular heartbeats.

## JU HUA

### ACTIONS :

Cooling, anti-inflammatory, antimicrobial, reduces fevers, promotes sweating, antiseptic, lowers blood pressure, dilates coronary artery and stimulates blood flow.

### FLOWER HEADS

**Infusion:** Take regular cups to ease eye strain and headaches associated with over-work, stress, irritability and emotional upsets.

**Decoction:** Use with an equal amount of jin yin hua in a standard decoction to help reduce high blood pressure. Ju hua can also be combined with mulberryleaf, mint, and apricot seeds for common colds and coughs.

**Tincture:** Use up to 50 drops per dose for headaches and irritability.

**Powder:** Add half a teaspoon of powder to a small glass of rice wine to relieve vertigo.

**Poultice:** Use a few of the once-infused flowers on gauze as eye pads to relieve the pain of eye strain, conjunctivitis, and other red or painful eye conditions.

**Pillows:** Sleep on a pillow stuffed with flowers to relieve colds and headaches.

### LEAVES

**Poultice:** Use the crushed fresh leaves soaked in a little warm water or alcohol as a poultice for boils, acne pustules, and skin sores.

**Decoction:** Take a regular decoction of dried leaves to relieve symptoms of vertigo or dizziness.

### CAUTIONS:

- Ju hua is traditionally avoided in diarrhea and debility.

\* The young stems (ju hua miao) are used in China to clear liver fire, which can be a cause of vertigo, and to treat eye problems.

## YAM

### ACTIONS :

**D. villosa:** Relaxant for smooth muscle, antispasmodic, cholagogue, anti-inflammatory, diaphoretic.

**D. opposita:** Expectorant, digestive stimulant, kidney tonic.

**D. hypoglauca:** antibacterial, anti-inflammatory, soothes urinary tract.

### D. VILLOSA

**Decoction:** Use a standard decoction for the colicky pains associated with irritable bowel syndrome (spastic bowel) or diverticulosis. Can also be used for menstrual pains or drunk frequently once labor has started. Decoct with willow bark for arthritic pains.

**Tincture:** Take regular drop doses for labor or post-partum pains. Can be combined with arthritic remedies, such as celery seed, angelica, meadowsweet, or willow, for the acute stages of rheumatoid arthritis.

### D. OPPOSITA

**Decoction:** Combine with herbs such as shu di huang, shan zhu yu, fu ling, gou qi zi, and licorice for menopausal symptoms associated with kidney yin deficiency.

**Tincture:** Use standard doses for dry asthmatic coughs — can combine with elecampane, hyssop, and ma huang.

### D. HYPOGLAUCA

**Decoction:** Use around 10–15 g with other herbs — such as fu ling, sweet flag, and licorice — for urinary infections and prostatitis, or with huai niu xi for rheumatic pains.

**Tincture:** Use up to 10 ml daily for urinary infections or in combination with other herbs for inflammatory arthritic conditions.

### CAUTIONS:

- Avoid high doses of D. opposita or D. hypoglauca in pregnancy or if trying to conceive.

## ECHINACEA

### ACTIONS :

Antibiotic, immune stimulant, anti-allergenic, lymphatic tonic

### ROOT

**Tincture:** Use small, frequent doses (2–5 ml) every 2–3 hours for influenza, chills, and urinary tract infections during the first couple of days of acute symptoms. For more chronic conditions use standard doses and combine with other suitable herbs — such as with buchu and couch grass for kidney infections; white deadnettle and saw palmetto for prostate problems; or cleavers for lymphatic enlargement and glandular fever. Can also be used in large doses (10 ml) for food or animal poisoning (including snakebites).

**Decoction:** Take 10 ml doses of a standard decoction every 1–2 hours for the acute stage of infections. Combines well with hemp agrimony.

**Powder:** Use powdered root as a dust for infected skin conditions like boils, erysipelas, or weeping infected eczema. Combine with marshmallow powder for boils.

**Gargle:** Use 10 ml of the tincture in a glass of warm water as a gargle for sore throats.

**Capsules:** Take three 200 mg capsules up to three times daily at the onset of acute infections (such as colds, influenza, kidney, or urinary tract infections).

**Wash:** Use the decoction or dilute tincture as a wash for infected, putrid wounds. Bathe affected area frequently.

### LEAF

**Infusion:** Take a glass of a standard infusion 3–4 times daily for common colds.

### CAUTIONS:

- High doses can occasionally cause nausea and dizziness.
- Allergic reaction to echinacea is extremely rare but has been reported.

## MA HUANG

### ACTIONS :

**Twigs:** Antispasmodic, febrifuge, diaphoretic, diuretic, antibacterial and antiviral properties identified in the essential oil.

**Root:** Anti-hydrotic.

### TWIGS

**Tincture:** In the UK, the maximum permitted dose is 2.5 ml of a 1:4 tincture three times daily. This is used for asthma, hay fever, or severe chills. Combine with cowslip root and thyme tinctures for bronchial asthma, whooping cough, emphysema, and other severe chest conditions: 20 drops three times daily.

**Decoction:** In China, up to 6 g of the twigs may be used per dose, although maximum legal dose in the UK is one-tenth that: 600 mg. Use for common colds, coughs, asthma, hay fever, etc. Also as a diuretic in kidney weakness.

### ROOT

**Decoction:** Used in debility where yin or qi weakness is leading to uncontrolled sweating.

### CAUTIONS:

- Not to be used by patients taking monoamine oxidase inhibitors as antidepressants.
- Should also be avoided in severe hypertension, glaucoma, and coronary thrombosis.
- Restricted in the UK under the 1968 Medicine Act for use by practitioners only.

\* In China, ma huang has been used as an anti-asthmatic for at least 5,000 years. The alkaloid ephedrine, extracted from the plant, was first identified by Chinese scientists in 1924; two years later, the pharmaceutical company Merck produced a synthetic version still used to treat asthma.

## HORSETAIL

### ACTIONS :

Astringent, styptic, diuretic, anti-inflammatory, tissue healer.

**Juice:** This is the best form of horsetail to use: 5–10 ml three times daily for urinary disorders or to repair long-standing damage to the lungs.

**Decoction:** This must be simmered for at least three hours to extract the main constituents. Use as an astringent for heavy periods or for internal healing in gastric ulceration, inflammations of the urinary tract, prostate problems or lung disorders. Can also be helpful for skin conditions such as acne and eczema.

**Powder:** Can be made into a paste and used on leg ulcers, wounds, sores, chilblains, etc.

**Mouthwash/gargle:** Use the diluted decoction for mouth and gum infections or throat inflammations.

**Tincture:** Generally not as effective as the decoction. Best made by preserving the decoction with alcohol. Use as the juice or decoction.

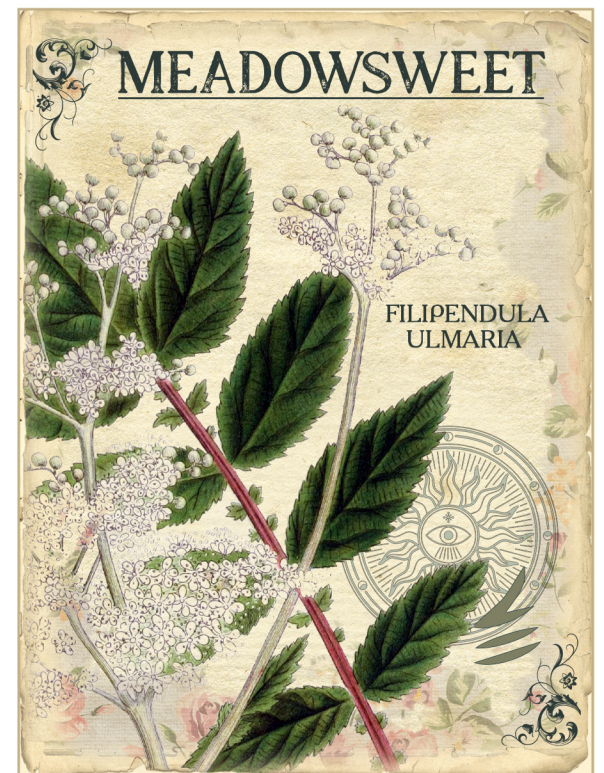
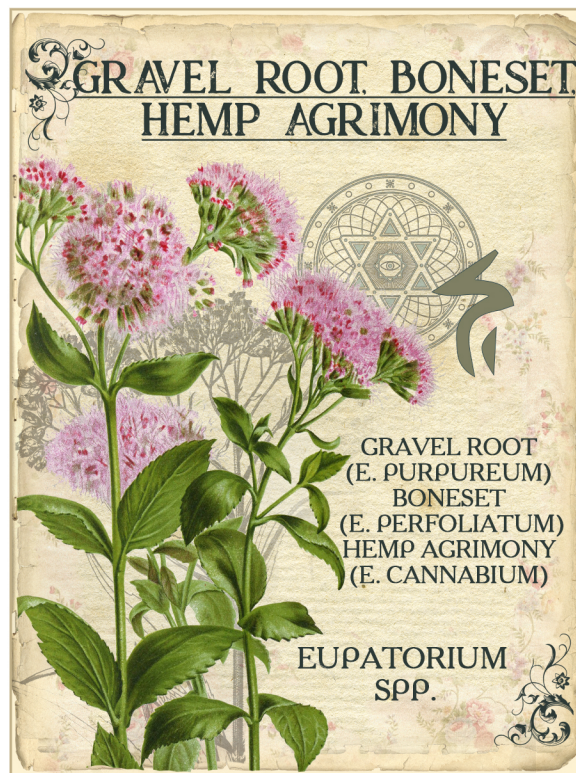
**Capsules:** Powdered horsetail can be taken in capsule form, which can be more convenient than juices or decoctions.

### CAUTIONS:

- Seek professional guidance in all cases of blood in the urine or for sudden changes in menstrual flow leading to heavy bleeding.

\* A prehistoric botanical relic, horsetail is a close relative of the trees that grew 270 million years ago during the Carboniferous period, and which are the source of our modern coal seams. Its brittle jointed stems are extremely rich in silica, and since the time of the Ancient Greeks horsetail has been used for wounds. It is now considered an invasive weed. The Chinese use a related species, *E. hiemale*, or *mu ze*.







## EUCALYPTUS

### ACTIONS :

Antiseptic, antispasmodic, stimulant, febrifuge, hypoglycemic, anthelmintic.

### ESSENTIAL OIL

**Chest rub:** Use 10 drops of eucalyptus oil in 25 ml of almond oil (or similar) as a chest rub for colds, bronchitis, asthma and other infections.  
**Gargle:** 5 drops well mixed in a glass of water can be used as a gargle for throat infections.

**Compress:** A pad soaked in a solution of 2 ml of oil well dispersed in 100 ml water can be applied to inflammations, painful joints and burns.

**Oil:** The essential oil diluted in a vegetable oil or ointment base (approx. 5–10 drops of essential oil in 10 ml of carrier) can be used topically for cold sores (Herpes simplex).

**Massage oil:** Combines well with rosemary as a massage rub for rheumatic and arthritic pain.

**Steam inhalation:** Use 10 drops in a hot water as a steam inhalation for any chest infections. Combines well with 1 drop of peppermint oil.

### LEAVES

**Steam inhalation:** Boiling water poured over a few leaves releases the oil and makes an effective steam inhalation for chest infections, or catarrh.  
**Fumigant:** Burning leaves on an open fire similarly fills the room with antiseptic vapors — useful for flea infestations.

**Capsules:** Powdered leaves are available in commercial capsules (200–250 g) for treating respiratory infections and bronchitis; use only as directed on the package.

### CAUTIONS:

- Eucalyptus should not be taken internally unless under professional guidance.
- Use with caution for small children.

## GRAVEL ROOT, BONESET HEMP AGRIMONY

### ACTIONS :

**E. cannabinum:** febrifuge, diuretic, antiscorbutic, laxative, tonic, cholagogue, expectorant, diaphoretic, antirheumatic, immune stimulant

**E. perfoliatum:** diaphoretic, peripheral vasodilator, laxative, cholagogue, antispasmodic, expectorant

**E. purpureum:** soothing diuretic, antirheumatic, emmenagogue

### E. CANNABIMUM -AERIAL PARTS

**Tincture:** For feverish colds and influenza. Take 5 drops at frequent intervals. Also can be added to anti-catarthal mixtures such as elderflower and ground ivy.

**Infusion:** Drink a standard infusion for rheumatic pains and arthritis. A stronger infusion is purgative for liver stagnation and some types of constipation; it can be useful for constipation in the elderly.

### E. PERFOLIATUM -AERIAL PARTS

**Infusion:** Drink frequent doses of standard infusion (every half hour or so) during the acute phase of influenza and severe colds — best taken lukewarm. The very hot infusion is more stimulating for the liver and digestive system. Small doses are best in convalescence.

**Tincture:** Very similar in action to the infusion.

### E. PURPUREUM -ROOT

**Decoction:** Use for menstrual pains or sip during labor. Also has a cleansing effect for persistent urinary infections.

**Tincture:** Use 2–3 ml three times daily for urinary disorders, including cystitis and gravel, or discharges associated with infection. Combine with white deadnettle for prostate problems.

### CAUTIONS:

- Avoid gravel root in pregnancy.

## MEADOWSWEET

### ACTIONS :

Anti-inflammatory, antirheumatic, soothing digestive remedy, diuretic, diaphoretic.

### AERIAL PARTS

**Infusion:** Use a standard infusion for feverish colds, children's stomach upsets, or for rheumatic pains.

**Tincture:** Generally has a stronger action than the infusion: can be added to remedies for gastric ulceration or excess acidity, such as licorice and sweet flag, and is also used for arthritis with herbs like angelica, bogbean, willow, or devil's claw.

**Compress:** A pad soaked in the dilute tincture can be applied to painful arthritic joints, for rheumatism or neuralgia.

**Eye bath:** The cooled infusion can be used in an eye bath for conjunctivitis and other eye complaints.

### CAUTIONS:

- Avoid in cases of salicylate sensitivity.

\* Cooling to reduce both fevers and inflammations, meadowsweet also contains mucilages and tannins, which protect the digestive tract and modify the action of salicylic acid. Long use of aspirin can often damage the gastric mucosa leading to ulceration and bleeding but meadowsweet does not show these side effects and is a gentle digestive remedy for acidity and some types of diarrhea. Harvest while flowering in the summer.

\* Russian research suggests that the flowers can be effective in treating cervical dysplasia.

## FENNEL

### ACTIONS :

Carminative, circulatory stimulant, anti-inflammatory, galactagogue, mild expectorant, diuretic.

### SEEDS

**Infusion:** A useful and palatable digestive remedy ideal for drinking after meals for flatulence, indigestion, colic, and other digestive upsets. Can also be taken by nursing mothers to increase milk flow.

**Mouthwash:** For gum disorders and loose teeth.

**Decoction:** Used in Chinese medicine for abdominal pain, colic, and stomach chills.

**Tincture:** Used mainly for digestive problems. Often combined with laxatives to prevent griping. Reputedly reduces the toxic effects of alcohol on the body.

**Gargle:** Use the infusion as a gargle for laryngitis or sore throats.

### ROOT

**Decoction:** Used mainly for urinary problems such as gravel, or disorders associated with high uric acid content.

### ESSENTIAL OIL

**Chest rub:** Can be combined with thyme and eucalyptus oil in a vegetable oil base (total 25 drops of essential oil to 25 ml of carrier) for bronchitis and other chest complaints.

### CAUTIONS:

- Essential oils should not be taken internally without professional advice.
- Uterine stimulant: avoid high doses in pregnancy, although small amounts used in cooking are safe.

\* The plant was also regarded as an early slimming aid, and its Greek name, *marathron*, is reputedly derived from a verb meaning "to grow thin." In the past, chewing the seeds was a favorite way to stop gastric rumbles during lengthy sermons in church on Sundays.

## STRAWBERRIES

### ACTIONS :

Astringent, wound herb, diuretic, laxative, liver tonic, cleansing.

### LEAVES

**Infusion:** Use a standard infusion for diarrhea. Combine with meadowsweet and St. John's wort for mild arthritic pains.

### BERRIES

**Poultice:** Crushed berries can be used on sunburn or to soothe skin inflammations.

**Wine:** The berries steeped in wine were a traditional remedy for "reviving the spirits and making the hart merrie."

**Fresh fruit:** Eat strawberries for gastritis and as a liver tonic — good in convalescence after hepatitis.

*\* The berries, leaves, and root of the wild or alpine strawberry have all been used medicinally in the past. The root was once a popular household remedy for diarrhea and the stalks were used for wounds. The berries were also considered very cooling, or as Gerard put it: to "quench thirst, cool the heat of the stomach and inflammation of the liver," although he also warned that although eating them in winter or on a "cold stomach" was risking an increase in phlegmatic humor and digestive upsets.*

*\*\* A gentle astringent for diarrhea and digestive upsets, the leaves are also a cleansing diuretic for rheumatism, gout, and arthritis. Wild strawberry plants can be found from late spring to autumn and the leaves used fresh or dried.*

## BLADDERWRACK

### ACTIONS :

Metabolic stimulant, nutritive, thyroid tonic, antirheumatic, anti-inflammatory.

### THALLI

**Tincture:** Use standard doses as a thyroid stimulant in cases of deficiency or as a gentle metabolic stimulant for those with a sluggish constitution.

Combine with arthritic remedies — such as willow, meadowsweet, or bogbean — for chronic inflammatory conditions like rheumatoid arthritis.

**Tablets/capsules:** Available commercially — use 3–6 tablets/capsules daily as a metabolic stimulant. Can help reduce obesity related to thyroid under-activity.

**Infused oil:** Use 500 g of dried bladderwrack to 500 ml of vegetable oil. Macerate overnight and then heat on a water-bath for two hours. Strain.

Use the oil for arthritic joint pains or rheumatism — add a few drops of rosemary or thyme oil if available.

**Infusion:** Use a standard infusion as the tincture or as part of a weight-reducing program, especially if obesity is linked to slow metabolism.

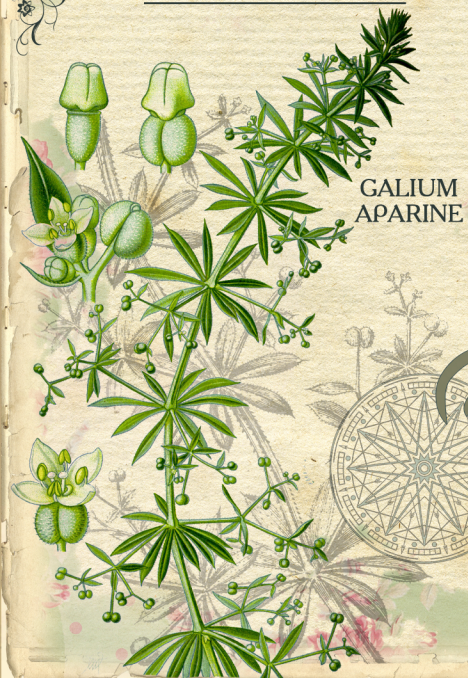
### CAUTIONS:

- Like many sea creatures, bladderwrack is at risk from heavy metal pollution. It should not be collected where the levels of cadmium, mercury, and similar pollutants are high.
- Avoid if you suffer from hyperthyroidism.

\* Several varieties of seaweed have been used therapeutically in different cultures. In the eighteenth century, iodine was first isolated by distilling the long ribbons or thalli of bladderwrack, which became the main source of the element for more than fifty years. A preparation made by reducing the herb to a charcoal was used to treat goiter caused by thyroid deficiency related to lack of iodine. In the 1860s it was claimed that bladderwrack could counter obesity by increasing the metabolic rate, and since then the herb has featured in numerous slimming remedies.



# CLEAVERS



GALIUM  
APARINE

# GENTIAN



GENTIANA SPP.

G. LUTEA  
\*COMMON GENTIAN  
G. SCABRA  
\*LONG DAN CAO  
G. MACROPHYLLA  
\*QIN JIAO

# GINKGO



AGINKGO  
BILOBA

# LICORICE



GLYCYRRHIZA SPP.  
G. GLABRA  
\*LICORICE  
G. URALENSIS  
\*GAN CAO

# WITCH HAZEL



HAMAMELIS  
VIRGINIANA

# DEVIL'S CLAW



HARPAGOPHYTUM  
PROCUMBENS



## CLEAVERS

### ACTIONS :

Diuretic, lymphatic cleanser, mild astringent.

### WHOLE PLANT

Juice: Juice or pulp the fresh plant to make an effective diuretic and lymphatic cleanser for a range of conditions including glandular fever, tonsillitis, and prostate disorders. Prepare daily and take in tablespoon doses.

Infusion: Generally less strong than the juice, used for urinary problems like cystitis and grave or as a cooling drink in fevers.

Tincture: Use as the tincture or combine with other lymphatic and detoxifying herbs like poke root or lian qiao.

Compress: A pad soaked in the infusion can be useful for burns, grazes, ulcers, and other skin inflammations.

Cream: Cleavers cream can be helpful for psoriasis if used regularly.

Hair rinse: The infusion can be used as a hair rinse for dandruff or scaling scalp problems.

*\* Cleavers, also known as goosegrass (because geese like to eat it), is regarded by gardeners as a vigorous weed that twines through hedges and shrubs producing long sticky stems and burr-like seeds. The young shoots are among the first of the annual weeds to appear in spring and make an excellent cleansing tonic at that time of year — a remedy still widely used in many parts of Europe.*

*\*\*\* Best used fresh, when the herb is a potent diuretic and lymphatic cleanser, effective in many cases involving swollen or enlarged lymph nodes. It is often described as a blood purifier or depurative, and is used for skin problems and other conditions where the body is failing to rid itself of toxins. It can also be used as a vegetable — gently sweated in the pan like spinach.*

## GENTIAN

### ACTIONS :

Bitter, tonic, appetite and gastric stimulant, anti-inflammatory, used in fever management.

### G. LUTEA

Tincture: Use up to 2 ml, three times a day, of a standard tincture as a digestive stimulant. Can be helpful in liver disease, including hepatitis, and gall-bladder inflammations and where jaundice is a symptom.

Drop doses can allay cravings for sweet foods.

Decoction: Use 10 g to 500 ml of water and decoct for 20 minutes.

Take a standard dose before meals for abdominal distension or feelings of fullness and stomach pains.

### G. SCABRA LONG DAN CAO

Decoction: Used in combination with other Chinese herbs for liver disorders, hypertension, and urinary infections. Long Dan Xie Gan Wan is a standard formula available in tablet form to clear heat from the liver and gall-bladder where symptoms can include sore eyes, headaches, and constipation.

### G. MACROPHYLLA QIN JIAO

Decoction: Used in combination with other Chinese herbs for rheumatic pains, fevers, and allergic inflammations. Often used with du huo and cinnamon.

*\*The gentians reputedly take their name from a king of Illyria, who, according to Pliny, first discovered their ability to reduce fevers. In medieval times, gentian was an ingredient of the alchemical brew "theriac," a cure-all made to a highly secret recipe — "a misterie" according to Gerard — that was used as an antidote to poisons and as an elixir of life. G. lutea is the main variety used in the West, while the Chinese use both the large-leaved varieties, usually G. macrophylla or G. dahurica (qin jiao) and G. scabra (long dan cao).*

## GINKGO

### ACTIONS :

Leaves: Vasodilator, circulatory stimulant.  
Seeds: Astringent, antifungal, antibacterial.

### LEAVES

Fluid extract: An extract of the fresh leaves is marketed in Europe as Tebonin and is used for treating cerebral arteriosclerosis in the elderly and for diseases of the peripheral circulation.

Tincture: This can usefully be combined with other herbs for the cardiovascular systems such as periwinkle and linden flowers for circulatory problems or melilot for venous disorders.

### SEEDS (BAI GOU)

Decoction: The seeds are combined with herbs like ma huang, coltsfoot, and mulberry leaves for treating asthma and severe or persistent coughs. Usually no more than 3—4 seeds will be added to the decoction (enough for three doses).

### CAUTIONS:

- High doses of the seeds can lead to skin disorders and headaches.
- Cases of contact dermatitis with the fruit pulp (not used medicinally) have been recorded.
- Long term and excessive use may increase bleeding time and cause spontaneous hemorrhage.

*\* In China, the seeds, called bai gou, are considered to act on the lung and kidney acupuncture meridians and are traditionally used for asthmatic disorders and chesty coughs with thick phlegm. They also have a tonifying effect on the urinary system and are also used for incontinence and excessive urination. The seeds are of course only found on the female plants.*

## LICORICE

### ACTIONS :

Anti-inflammatory, antiarthritic, tonic stimulant for adrenal cortex, lowers cholesterol levels, soothing for gastric mucosa, possibly anti-allergenic, antipyretic, expectorant.

### ROOT

### G. glabra

Tincture: Used for lung disorders, gastric inflammation, or to encourage adrenal function after steroid therapy. Also used as an anti-inflammatory in arthritic and allergic conditions. Helps to disguise the flavor of other medicines.

Fluid extract: Slowly dissolving the juice sticks by macerating in cold water produces a strong extract which can be conveniently used as the decoction or in syrups. For stomach ulceration, pieces of juice stick can be dissolved in chamomile tea.

Decoction: Useful for reducing stomach acidity in cases of ulceration.

Syrup: Combine the decoction with honey to make a soothing and expectorant cough syrup. Combines well with thyme, hyssop, or elecampane. Useful for asthma, bronchitis, etc.

Wash: Use the dilute tincture for skin inflammations and itching.

### G. uralensis

Decoction: Combine with ginseng as a daily tonic drink.

Tonic wine: Macerating piece of Chinese licorice root in gin or vodka for a few weeks produces a tonic wine to be drunk in small doses after meals

### CAUTIONS:

- Avoid in hypertension as licorice is believed to cause fluid retention.
- Should not be used by people taking digoxin-based drugs.
- Excessive use of licorice-containing sweets and chewing gums has been linked to hypertension and abnormally high blood potassium levels.

## WITCH HAZEL

### ACTIONS :

Astringent, stops internal and external bleeding, anti-inflammatory.

### LEAVES

Infusion: Take for diarrhea or bleeding piles. A daily cup can also help combat capillary fragility associated with steroidal therapy.

Mouthwash/gargle: Use the infusion for sore throats, mouth ulcers, tonsillitis, pharyngitis, and spongy or bleeding gums.

Wash: Use the infusion to bathe varicose veins, bruises, grazes, irritant skin rashes, and areas of capillary fragility.

Distillate: Commercially available distilled witch hazel can be used as a wash, like the infusion, or to soak a cotton swab as a nasal plug for nosebleeds or applied to cuts and grazes to stop bleeding.

Eye pads: Use a cotton swab soaked in an infusion or distilled witch hazel to relieve tired eyes.

### TWIGS

Decoction: Use as an infusion of the leaves.

### BARK

Tincture: The dilute tincture can be used externally as a substitute for distilled witch hazel.

Ointment: Use on piles or irritant varicose veins.

Cream: Use for minor, cuts and grazes or bruising.

*\* The healing properties of Virginian witch hazel were highly valued by various Native American peoples: the Menominees rubbed the decoction into their legs to keep them supple during sports, while the Potawatomis put witch hazel twigs into sweat baths to relieve sore muscles. The herb was adopted by settlers and listed in the US National Formulary until 1955. Distilled witch hazel is widely available today and is well known in domestic first aid.*

## DEVIL'S CLAW

### ACTIONS :

Anti-inflammatory, antirheumatic, analgesic, sedative, diuretic, digestive stimulant.

### TUBER

Decoction: Take a cup before meals to stimulate the digestion in cases of liver congestion, poor appetite, or mild gall bladder disorders.

Tincture: Take 20-30 drops per dose for at least six weeks for osteoarthritis or rheumatic pains.

Wash: Use the decoction as a wash for irritated and inflamed piles and varicose veins.

Cream: Apply to arthritic and rheumatic aches and pains three or four times a day. Add a few drops of rosemary to improve pain relief. The same mix can be used on sprained or strained joints and muscles.

Capsules/Tablets: Take 2-3 x 200 mg capsules three times daily for arthritic and rheumatic pains as a maintenance dose in chronic conditions. Increase to 4 capsules per dose during any flare-up in symptoms. Check dosages of commercially available tablets and use an equivalent amount.

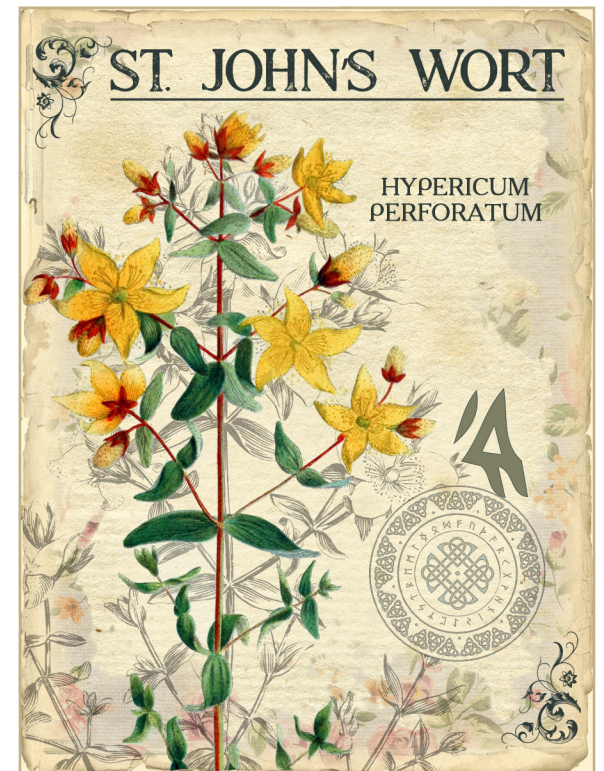
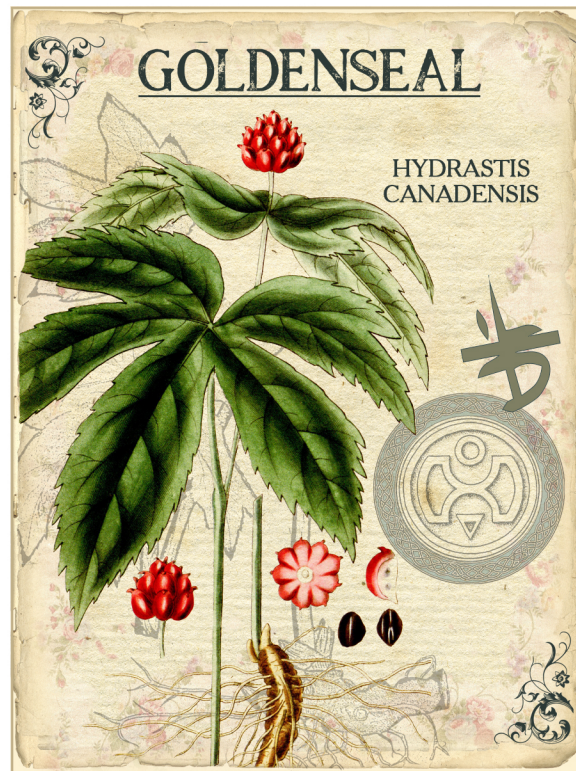
Powder: Use to dust open wounds to encourage healing.

### CAUTIONS:

- Devil's claw is believed to stimulate uterine contractions and should be avoided in pregnancy.
- It should also be avoided in cases of gastric or duodenal ulcer.

*\* Native to the Kalahari Desert in southern Africa, devil's claw was introduced to the West after a Boer farmer noticed native Bushmen gathering the roots to treat digestive upsets and rheumatism. The plant was sent to Germany for investigation, and by the late 1950s its anti-inflammatory and antirheumatic properties were well established. Today the herb is widely used to treat arthritis and rheumatism. Researchers have found that constant use of the herb for at least six weeks significantly improves the movement of arthritic joints and reduces swelling.*







## HOPS

### ACTIONS :

Sedative, anaphrodisiac, restoring tonic for nervous system, bitter digestive stimulant, diuretic.

### STROBILES

Tincture: Use up to 2 ml three times a day as a sedative for nervous tension and anxiety. It can also be combined with digestive remedies - marshmallow, plantain, chamomile, peppermint, etc. - for irritable bowel syndrome. As an astringent it can be especially useful for mucus colitis; use 30 drops on a sugar lump for nervous stomachs. Hops can also be used for some sexual problems (such as premature ejaculation).

Infusion: Use a tea of fresh hops for insomnia with 2 teaspoons of fresh flowers per cup of boiling water, infused for five minutes. Freshly dried hops can also be used but older plant material may be less effective.

Freeze-dried material, if available, is better than conventionally dried herb.

Wash: Use an infusion of fresh or freshly dried hops as a wash for chronic ulcers, skin eruptions, and wounds. Alternatively use a pad soaked in infusion or dilute tincture as a compress on varicose ulcers.

Compress: Use a pad soaked in the infusion or dilute tincture on varicose veins.

Capsules: Available commercially; take two before meals as an appetite stimulant. Do not use continuously for more than a few days.

### CAUTIONS:

- The growing plant can also cause contact dermatitis.
- Hops should be avoided in depression as it acts as a mild depressant on the higher nerve centers. Do not exceed stated doses.
- The estrogen-like effect may disrupt the menstrual cycles in women working in hop fields.

\* The character of the plant changes significantly with age as the constituents oxidize.

## GOLDENSEAL

### ACTIONS :

Astringent, tonic, digestive and bile stimulant, laxative, anti-catarthal, healing to gastric mucosa, hypertensive.

Tincture: Up to 0.5–2 ml three times a day: larger doses are more laxative. Use for any catarthal condition: nasal catarrh, mucus colitis, gastroenteritis, vaginal discharge. Also as a liver tonic for sluggish digestion and for digestive problems associated with food sensitivity and alcohol excess. Use with licorice for gastric ulceration, and add to remedies for PMS or heavy menstrual bleeding.

Mouthwash: Use the dilute tincture (2–3 ml in a tumbler of warm water) for mouth ulcers, and gum disease. Can also be used as a gargle for sore throats and catarthal conditions.

Powder: Use the powder as snuff for nasal catarrh. The powder mixed in water can be used as the tincture.

Capsules: Use 1 x 200 mg capsule three times daily for catarrh and infections (gastric or respiratory). Combine with chaste-tree berry powder for symptomatic relief of hot flushes and night sweats at the menopause. Combine with eyebright for symptomatic relief of hay fever.

Douche: Use the dilute tincture as a douche for vaginal discharges and infections (including thrush). Can help vaginal itching (use 5 ml of goldenseal in 100 ml rosewater).

Ear drops: Use a 1 ml of goldenseal tincture in 10 ml of water as ear drops for glue ear, catarthal congestions, "blocked" sensation in the ears.

Wash: Use the dilute tincture (5 ml of goldenseal in 100 ml rosewater) to bathe irritant skin inflammations, eczema, measles, etc.

### CAUTIONS:

- Uterine stimulant so avoid in pregnancy.
- Hypertensive so should be avoided in cases of high blood pressure.
- Do not use ear drops of any sort if there is a risk that the ear drum has perforated.
- Goldenseal is now seriously endangered in the wild; avoid buying wild-crafted material and use barberry as an alternative in digestive complaints.

## ST. JOHN'S WORT

### ACTIONS :

Astringent, analgesic, anti-inflammatory, sedative, restoring tonic for the nervous system.

### AERIAL PARTS

Infusion: Use for depression, anxiety or emotional upsets associated with the menopause or premenstrual syndrome; also helpful in colds and infections combined with herbs such as elderflower.

Tincture: Use standard doses for at least two months for long-standing nervous tension leading to exhaustion and depression. Drop doses (5–10 drops) at night can be useful for childhood bed-wetting.

Wash: Use the infusion to bathe wounds, skin sores and bruises.

### FLOWERING TOPS

Infused oil: Use St. John's wort oil on burns, muscle or joint inflammations (including conditions like tennis elbow), neuralgia, and sciatica. For burns, add a few drops of lavender oil; for joint inflammations add 4–10 drops of chamomile or yarrow oil to 10 ml of the infused oil to increase efficacy.

Cream: Use for localized nerve pains, such as sciatica, sprains, and cramps. Can also help to relieve breast engorgement during lactation. Can also be used as an antiseptic and styptic on grazes, sores, ulcers, etc.

### CAUTIONS:

- Can cause dermatitis if pruning or gathering the plant in moist but sunny conditions.
  - Seek professional advice before using St. John's wort if taking prescription drugs.
  - In very rare cases cataracts and nerve hypersensitivity have been linked to long-term or excessive use of St. John's wort. It is also said to increase photosensitivity, but there is little clinical evidence for this.
- \* St. John's wort can help relieve a variety of nerve pains — used both internally and externally — including sciatica and neuralgia.

## HYSSOP

### ACTIONS :

Expectorant, carminative, peripheral vasodilator, diaphoretic, anti-catarthal; topically anti-inflammatory, antiviral for Herpes simplex.

### AERIAL PARTS

Infusion: Drink hot during the early stages of colds or influenza. It also makes a soothing carminative for digestive upsets and nervous tummies.

Tincture: Can be combined with other expectorants - such as licorice, coltsfoot, and anise - or bronchitis and stubborn coughs.

Syrup: Use an infusion of the whole herb (or the flowers only if you have them) and preserve with honey or sugar: 500 ml of infusion to 500 g honey. Can be combined with coltsfoot and mullein flowers or licorice for stubborn coughs and lung weakness.

### ESSENTIAL OIL

Baths: 5–10 drops in the bath for nervous exhaustion, melancholy, or sorrows.

Chest rub: 10 drops in 20 ml of carrier oil for bronchitis and chesty colds. Combines well the essential oils of thyme and eucalyptus.

### CAUTIONS:

- The essential oil contains the ketone pino-camphone, which in high doses can cause convulsions (although low doses of the herb were used for petit mal).
- The essential oil should not be taken internally.

\* Prescribed by Hippocrates for pleurisy, hyssop, with rue, was recommended by Dioscorides for asthma and catarrh. Its name derives from the Greek azob, or "a holy herb," although the hyssop mentioned in the Bible seems more likely to have been a local variety of marjoram. Hyssop is one of the more important of the 130 herbs used to flavor Chartreuse liqueur.

## ELECAMPANE

### ACTIONS :

Tonic, stimulating expectorant, diaphoretic, antibacterial, antifungal, antiparasitic.

### I. helenium

#### ROOT

Decoction: Use a standard decoction for bronchitis, asthma and upper respiratory catarrh. Can also ease hay fever symptoms. Take regularly as a general tonic or for long-standing chronic respiratory complaints. Can be combined with white horehound, hyssop, or licorice. Also acts as a digestive tonic and liver stimulant.

Tincture: Use as a tonic in debility and chronic respiratory complaints. Combine with vervain for liver stagnation or with calumba or chen pi for digestive weakness.

Syrup: Mix the decoction sugar or honey as a cough syrup. Can be combined with thyme and licorice for bronchitis and emphysema.

Wash: Use the decoction or diluted tincture for eczema, rashes, varicose ulcers, etc.

### I. japonica

#### FLOWERS

Syrup: Sweeten 500 ml of a standard infusion of the flower heads with 500 g of honey and use in 10–20 ml doses for coughs.

Decoction: Use a standard decoction for nausea, vomiting or coughs characterized by copious phlegm. Alternatively decoct 10 g with 10 g each of fresh ginger root and ban xia and 5 g of licorice root and use the mixture for excess phlegm in the stomach with nausea, abdominal distension, flatulence, and vomiting of mucus/sputum.

### CAUTIONS:

- May cause allergic skin reactions.

## JASMINE

### ACTIONS :

Flowers: Aphrodisiac, astringent, bitter, relaxing nerve, sedative, mild analgesic, encourages milk production.

Essential oil: Antidepressant, anti-septic, antispasmodic, aphrodisiac. encourages milk flow, sedative, uterine tonic, encourages parturition.

### ESSENTIAL OIL

#### J. officinale

Massage oil: Add 1–2 drops to massage rubs for anxiety, insomnia, or depression. For problems with impotence or frigidity mutual massage between partners using 1–2 drops of jasmine oil in a teaspoon of almond oil before love making can help.

### FLOWERS

#### J. grandiflorum

Infusion: Take for infections, fevers, or urinary inflammations. Combine a few flowers with lemon balm or skullcap for a calming tea at the end of a stressful day.

Wash: Use an infusion to bathe cuts and grazes and stop bleeding.

Compress: Use a compress soaked in the cool infusion or dilute tincture and applied to the forehead for sunstroke or heat stroke, headaches or emotional upsets.

### FLOWERS/JASMINE TEA

#### J. sambac

Infusion: Traditionally used as a soothing and warming remedy to help relieve diarrhea.

\* The highly aromatic climbing plant, common jasmine (J. officinale) was brought to Europe in the sixteenth century and rapidly gained popularity with the French perfumers. The scented oil is extracted using enfleurage, a technique involving layering the flowers with wax between glass sheets. A close relative, royal jasmine or jati (J. grandiflorum) is an important Ayurvedic tonic and cleansing remedy. Jasmine tea, popular in China, is scented using Arabian jasmine (J. sambac) which originated in the Persian Gulf.



# WALNUT & BUTTERNUT



JUGLANS SPP.  
J. REGIA  
\*WALNUT  
J. CINEREA  
\*BUTTERNUT

# JUNIPER



JUNIPERUS  
COMMUNIS

# LAVENDER



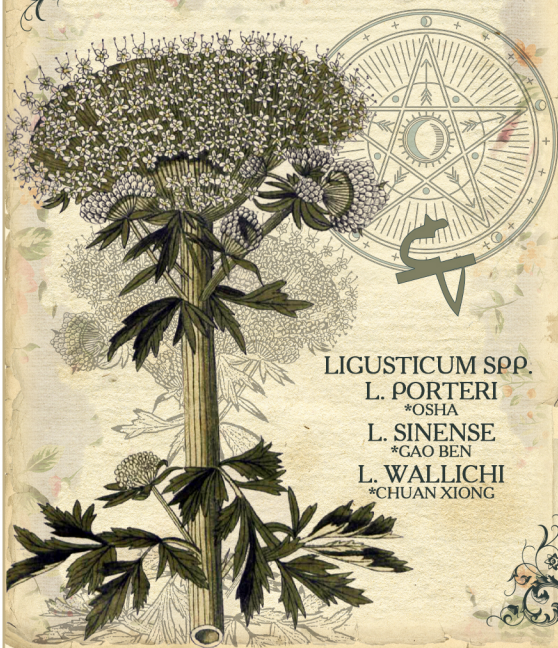
LAVANDULA SPP.  
L. ANGUSTIFOLIA  
L. SPICA  
L. STOECHAS

# MOTHERWORT



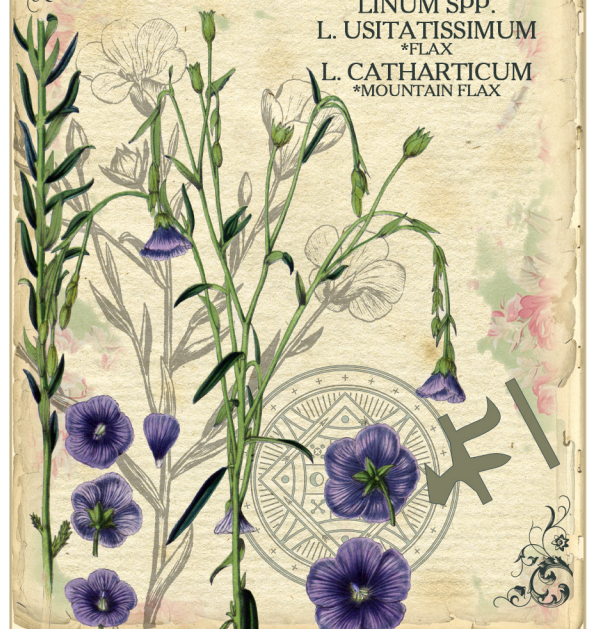
LEONURUS SPP.  
L. CARDIACA  
\*MOTHERWORT  
L. HETEROPHYLLUS  
\*CHINESE MOTHERWORT

# ALPINE LOVAGE



LIGUSTICUM SPP.  
L. PORTERI  
\*OSHA  
L. SINENSE  
\*GAO BEN  
L. WALLICHI  
\*CHUAN XIONG

# FLAX



LINUM SPP.  
L. USITATISSIMUM  
\*FLAX  
L. CATHARTICUM  
\*MOUNTAIN FLAX



## WALNUT & BUTTERNUT

### ACTIONS :

- J. cinerea:** Purgative, astringent, cholagogue.  
**J. regia:** Astringent, anthelmintic, antispasmodic,  
the nut rind is anti-inflammatory.

### J. regia

#### LEAVES

**Infusion:** Use in standard doses for skin problems, eye inflammations.

Also as a digestive tonic for poor appetite.

**Wash:** A standard infusion can be used as a wash for eczema or for wounds and grazes.

**Eye bath:** Use either a well-strained infusion or 5 drops of tincture in an eye bath of water for conjunctivitis and blepharitis.

#### OUTER NUT CASING

**Infusion:** Used for chronic diarrhea or as a tonic in anemia.

**Hair rinse:** Use a standard infusion for hair loss.

#### NUT OIL

**Oil:** Take two teaspoons of unrefined walnut oil daily as a dietary supplement in cases of menstrual dysfunction or dry, flaky eczema.

### J. cinerea

#### INNER BARK

**Decoction:** Use standard doses as a stimulating laxative for constipation and sluggish digestion. Also used to stimulate the liver and as a cleansing remedy for skin diseases.

**Tincture:** As for the decoction: use up to 5 ml three times daily.

## MOTHERWORT

### ACTIONS :

Uterine stimulant, relaxant, cardiac tonic, carminative.

#### AERIAL PARTS

##### L. cardiaca & L. heterophyllus

**Infusion:** As a tonic useful for menopausal syndrome, anxiety, and various heart weaknesses. Motherwort tea, flavored with cloves, can also be drunk during labor. Taken after childbirth motherwort tea helps restore the womb and reduce the risk of hemorrhaging.

**Syrup:** In an infusion it does not taste particularly pleasant, so traditionally syrups or conserves of motherwort have often been used instead for similar complaints.

**Tincture:** Used as the infusion or combined with other heart herbs like lily of the valley and hawthorn when a strengthening tonic is needed.

**Douche:** Use an infusion or diluted tincture for vaginal infections and discharges.

#### SEEDS

##### L. heterophyllus

**Decoction:** Used for menstrual irregularities.

**Eye bath:** Use a weak decoction for conjunctivitis, sore or tired eyes.

#### CAUTIONS:

- Uterine stimulant: avoid in pregnancy although it can be used in labor.
- Seek professional advice for all heart conditions.

*\* Useful as a tonic and for the heart, the aerial parts are ideal for palpitations associated with anxiety and nervous tension. Its alkaloids, stachydrine, and leonurine, also encourage and ease uterine contractions making it a valuable herb both for menstrual pains and during labor. It can also stimulate menstrual flow. In China leaves of L. heterophyllus are called yi mu cao and are used for eczema and sores. Harvest in summer.*

## JUNIPER

### ACTIONS :

Urinary antiseptic, diuretic, carminative, digestive tonic,  
uterine stimulant, antirheumatic.

#### BERRIES

**Tincture:** Use 2 ml three times daily for urinary infections (such as cystitis), or to stimulate the digestion. Can be used with herbs like celery seed, bogbean, or angelica for arthritic pains.

**Infusion:** Sip a weak infusion (15 g of berries to 500 ml water) for gastric upsets, stomach chills, or menstrual pains. The infusion can also be taken in the final weeks of pregnancy to aid parturition and sipped during the first stages of labor.

#### ESSENTIAL OIL

**Massage oil:** Use 10 drops of juniper oil in 5 ml of almond or vegetable oil as a massage for arthritic pain. Can also be combined with rosemary oil in an infused comfrey oil base.

**Lotion:** Use 5 drops of juniper oil to 50 ml of a rosewater/witch-hazel mixture for oily skins and acne.

**Chest rub:** Combine with thyme oil in a chest rub for stubborn coughs (up to 20 drops of essential oil in 20 ml of almond or vegetable oil).

**Baths:** Add 5 drops of juniper oil to bath-water for arthritic pains.

#### CADE OIL

**Hair rinse:** Use 10 drops of oil in 1 pt of hot water (well-mixed) for psoriasis affecting the scalp. Leave for 15 minutes (longer if possible) and then rinse thoroughly.

**Ointment:** Add 10 drops of cade oil to 20 ml of melted ointment base.

Allow to cool and use on chronic scaling eczema or psoriasis.

#### CAUTIONS:

- Juniper may irritate the kidneys in long-term use so should not be taken for more than six weeks internally without a break. Do not use if there is already kidney damage.
- Do not take juniper oil internally without professional guidance.
- Avoid the herb in pregnancy although it may be taken during labor.

## ALPINE LOVAGE

### ACTIONS :

**L. porteri:** carminative, diaphoretic, expectorant, stimulating.

**L. sinense:** antifungal, analgesic, antispasmodic.

**L. wallichii** antibacterial, hypotensive, sedative,  
uterine stimulant.

#### ROOT

##### L. porteri

**Maceration:** Soak the root overnight and use in making syrups for coughs and colds or warm a cup of the maceration for menstrual pain, digestive upsets, and feverish colds.

**Tincture:** Use 20–30 drops per dose in a little water as the maceration. Combine with echinacea for colds and influenza.

#### ROOT & RHIZOME

##### L. sinense

**Decoction:** Use for colds and chills associated with headaches and muscle pains; combine with fennel seed and wu zhu yu for abdominal cramps associated with cold.

**Tincture:** Use 10–20 drops per dose for headaches, stiff neck and toothache; combine with an equal amount of ginger or cinnamon. Use a cotton swab soaked in a little dilute tincture as a compress for toothache (apply to the adjacent gum).

#### RHIZOME

##### L. wallichii

**Decoction:** Use with shu di huang, dang gui, and bai shao yao for anemia and poor circulation or with chai hu and chi shao yao for headaches associated with stagnant liver qi.

**Pills:** Chuan xiong is combined with other herbs in “Ba Zhen Tang,” often made into tablets and marketed in the West as “Women’s Precious Pills” used as a tonic for irregular menstruation and anemia.

#### CAUTIONS:

- Avoid sha and chuan xiong in pregnancy and heavy menstrual bleeding.
- Gao ben and chuan xiong should not be used in cases of yin deficiency or excess heat.

## LAVENDER

### ACTIONS :

Relaxant, antispasmodic, circulatory stimulant,  
tonic for the nervous system, antibacterial,

analgesic, carminative, cholagogue.

#### FLOWERS

**Infusion:** Use a standard infusion as a relaxing tea for nervous exhaustion or tension headaches. Combines well with betony, chamomile, linden flowers, or vervain. Also for indigestion. A weak infusion (a quarter of normal strength) can be given by bottle to babies for colic, irritability, and nervous excitement. Drink lavender tea during labor.

**Mouthwash:** Use a standard infusion for halitosis.

**Tincture:** Use up to 5 ml twice a day for headaches, nervous tension and depression.

#### ESSENTIAL OIL

**Massage:** Use 10 drops in 10 ml of carrier oil for muscular pains - combines well with thyme and eucalyptus. Use neat for nervous tension or massaged into the temples and nape of neck for tension headaches or at the first hint of a migraine. The same oil can be applied for sunstroke or to help prevent sunburn (NB: It is not an effective sun-screen)

**Chest rub:** Use 20 drops of lavender oil and 5–10 drops of chamomile or yarrow oil in 5 ml of carrier oil for asthmatic and bronchitis spasm.

**Baths:** Add 10–20 drops of essential oil for a soothing and relaxing bath that can be helpful for insomnia. Add 2–5 drops to children’s baths.

**Creams:** A few drops of lavender oil can be added to chamomile cream used for eczema.

**Hair rinse:** Dilute 5–10 drops in water as a hair rinse for lice or use a few drops of neat oil on a fine-toothed comb to run through the hair for nits. Lavender hair rinse may also help baldness.

**Lotion:** A few drops of oil in a little water can be used as a lotion for sunburn or minor scalds. Use a stronger concentration of lavender oil for more severe burns.

**Oil:** Use the oil neat on insect bites and stings.

## FLAX

### ACTIONS :

**L. catharticum:** Laxative, antirheumatic, diuretic;

**L. usitatissimum:** Demulcent, soothing antitussive,  
antiseptic, anti-inflammatory, laxative.

#### L. USITATISSIMUM - RIPE SEEDS

**Poultice:** Crushed seeds can be used for boils, abscesses and ulcers and also locally for pleurisy pain.

**Oil:** Linseed oil is an important source of essential fatty acids (cf. evening primrose oil) and can be usefully added to the diet in cases of eczema, menstrual disorders, rheumatoid arthritis, atherosclerosis, etc. Dose is typically 2 teaspoons of freshly pressed oil or 1-2 tablespoons of freshly crushed seeds daily.

**Infusion:** Used for coughs and sore throats - best flavored with honey and lemon juice.

**Maceration:** Linseed mucilage is made by soaking the seeds on water. The thick mucilage produced can be taken for inflammations of the mucous membranes such as gastritis, pharyngitis, etc.

**Fresh seeds:** For constipation eat 1-2 tablespoons of seeds followed by 1-2 glasses of water. The seeds swell in the bowel to produce a gentle, bulking laxative. The seeds can be mixed with muesli, porridge or honey and soft cheese and eaten at breakfast. Simultaneous high fluid intake is important.

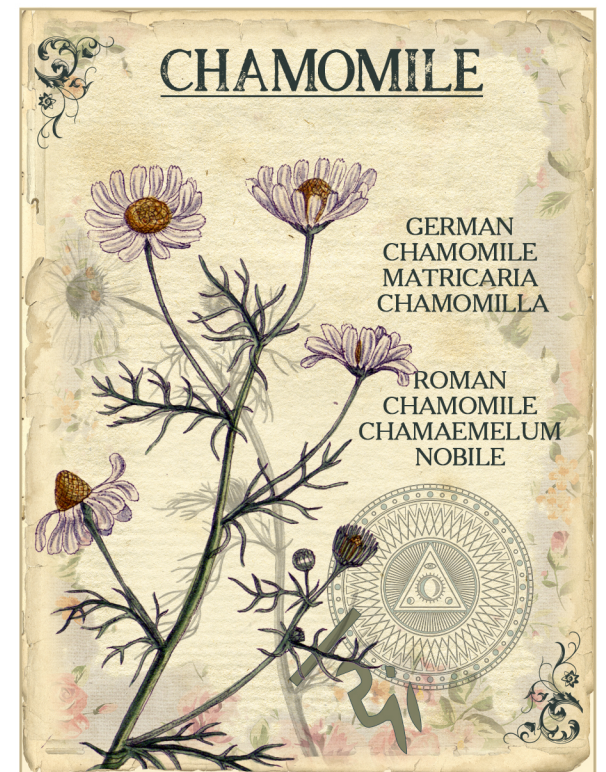
#### L. CATHARTICUM - WHOLE PLANT

**Infusion:** Use the fresh herb for constipation, liver congestion, and rheumatic pain.

#### CAUTIONS:

- Linseed oil deteriorates rapidly and should be freshly prepared as required if possible.
- The seeds contain traces of prussic acid which is potentially toxic in large quantities, although no cases of prussic acid poisoning from linseed have ever been reported. Do not exceed the stated dose.







## HONEYSUCKLE

### ACTIONS :

**L. japonica** — antibacterial, hypotensive, anti-inflammatory, mild diuretic, anti-spasmodic;

**L. periclymenum** — diuretic, antispasmodic, expectorant, laxative, emetic.

### **L. japonica**

#### FLOWER BUDS

**Decoction:** Use in the early stages of feverish colds characterized by headaches, thirst and sore throats. Use 10–15 g of flowers to 600 ml water or combine with lian qiao, ban lang gen, elderflowers, or peppermint. Add huang lian and huang qin for high fevers.

**Tincture:** Use standard doses for diarrhea or gastro-enteritis related to food poisoning.

#### STEMS AND BRANCHES

**Decoction:** Use 15–30 g to 600 ml of water in a similar way to the flowers and especially if the condition involves painful joints as in the aches associated with influenza or inflammatory diseases like rheumatoid arthritis when it should be used in combination with other herbs.

### **L. periclymenum**

#### FLOWERS

**Infusion:** A standard infusion of the flowers can be used with other expectorant herbs for coughs and mild asthma.

**Syrup:** The standard infusion of the flowers preserved with sugar or honey (500 ml infusion to 500 g of sugar) can be used for coughs. Can be combined with other expectorant flowers like coltsfoot, mullein, mallow or marshmallow.

#### CAUTIONS:

- Honeysuckle berries are poisonous and should not be used.

## APPLES

### ACTIONS :

Tonic, digestive and liver stimulant, diuretic, antirheumatic, laxative, antiseptic.

#### RAW FRUIT

**Infusion:** Use an infusion of fresh, raw apple as a warming drink for both rheumatic pains and intestinal colic. The same tea can be used as a cooling remedy for feverish colds.

**Juice:** Use neat juice or juice mixed with olive oil as a household standby for cuts and grazes.

**Fresh apples:** Eat raw apples for constipation — effective where the cause is associated with overheated stomachs. Use stewed apples for diarrhea, gastroenteritis, and intestinal infections. Apples are also a good source of minerals and vitamins in anemia and debility. Use sour apples as a diuretic in cystitis and other urinary infections.

#### STEWED FRUIT

**Poultice:** Use stewed apples for skin infections such as scabies.

**Stewed apples:** Use for diarrhea, gastroenteritis and intestinal infections.

*\* Traditionally used for diarrhea and dysentery, stewed apples can be especially helpful for babies and small children. They can also be soothing in gastric ulceration or ulcerative colitis.*

*\*\* In France preparations made from apple peel have been used for rheumatism, gout, and urinary disorders as a diuretic.*

*\*\*\* Apple blossom has been used in the past as the basis for cough mixtures with a sedative rather than expectorant action.*

*\*\*\*\* Fresh apples are cleansing for the system, especially if eaten in the morning, while in the evening they have a more laxative action. They have also been traditionally used in poultices for skin inflammations. As a "cold" fruit too many apples can lead to digestive upsets and wind.*

## CHAMOMILE

### ACTIONS :

Anti-inflammatory, antispasmodic, bitter, sedative, antiemetic.

#### **M. CHAMOMILLA OR CHAMAEMELUM NOBILE -FLOWERS**

**Infusion:** A standard infusion can be used for many digestive problems including irritable bowel syndrome, peptic ulcers, poor appetite, indigestion, liver stagnation, or menstrual problems. Drink a cup at night for insomnia or for anxiety and stress. Strong infusions can also help during the early stages of labor — combine with betony or rose petals.

**Steam inhalation:** Use 2 teaspoons of flowers to a basin of boiling water as an inhalant for catarrh, hay fever, to avert or reduce the severity of an asthmatic attack, or to ease bronchitis

**Baths:** Add 200–400 ml of strained chamomile infusion to baby's bath-water at night to encourage sleep.

**Tincture:** Standard doses (up to 5 ml three times per day) can be used for irritable bowel syndrome (combines well with hops, peppermint, or meadowsweet), insomnia, or nervous tension.

**Mouthwash:** Use an infusion or diluted tincture for gingivitis or other mouth inflammations.

**Gargle:** Use for sore throats — combine with sage, lady's mantle or purple coneflower.

**Eye bath:** Use 5–10 drops of tincture in an eye bath of warm water for conjunctivitis or tired, strained eyes.

#### **CHAMAEMELUM NOBILE -ESSENTIAL OIL**

**Inhalation:** Put 2–3 drops in a saucer of warm water and leave by the bedside table at night in cases of asthma, whooping cough, bad nasal catarrh or other conditions which may make breathing difficult; 1–2 drops can similarly be put onto a handkerchief or pillow as a night-time inhalant.

**Massage:** For muscular aches and pains use 2–3 drops of oil to 5 ml of almond oil. Combine with thyme or rosemary.

**Lotion:** For eczema use 5 drops of chamomile oil to 50 ml of distilled witch hazel (or use equal amounts of rosewater and distilled witch hazel)

## TEA TREE

### ACTIONS :

Antibacterial, antifungal, antiseptic, antiviral, diaphoretic, expectorant

#### OIL

**Pessaries:** Add 2-3 drops of tea tree oil per teaspoon of melted cocoa butter for making pessaries for vaginal thrush. Alternatively, put 3-5 drops in a teaspoon of water and soak a little onto a tampon; insert and leave for no longer than four hours.

**Lotion:** Apply one drop of tea tree oil in 10 drops of almond oil to cold sores as soon as the prickling sensation that heralds the sore starts; it can often stop the sore developing completely. Use tea tree cream or 2-3 drops of oil in a teaspoon of water as a lotion to soothe the sores once they appear.

**Oil:** Use a drop of neat oil on warts 2-3 times daily. Dilute with an equal amount of almond oil if any irritation occurs. Neat oil can also be used to massage on gums in tooth abscesses.

**Cream:** Apply tea tree cream to athlete's foot, ringworm, and other infections. The cream can also be used for cuts, grazes, insect bites, and other skin infections.

**Lotion:** Add 5 ml of tea tree oil to 20 ml each of distilled witch hazel and rosewater and apply to acne pustules with cotton wool several times a day.

**Hair rinse:** Use 5 ml of oil in 250 ml of warm water as a final rinse to the hair after shampooing for nits and headlice. Alternatively, put several drops of oil on a fine-toothed comb and comb the hair thoroughly at night.

#### LEAVES

**Infusion:** Use 10 g of leaves per 500 ml of water or half a teaspoon per cup for colds, glandular fever, cystitis, and urinary infections. The infusion is also a restorative nerve tonic in exhaustion and debility.

**Gargle:** Use 1 teaspoon of leaves per cup to make a gargle and mouthwash for throat infections and mouth ulcers.

**Shampoo:** Infuse a good handful of leaves in a 500 ml bottle of basic, soap-based shampoo for two weeks. Strain and then use the mix when washing children's hair to combat nits and head lice.

## LEMON BALM

### ACTIONS :

Sedative, antidepressant, digestive stimulant, peripheral vasodilator, diaphoretic, relaxing restorative for nervous system, antiviral (possibly due to polyphenols and tannins), antibacterial.

#### AERIAL PARTS

**Infusion:** Make with fresh leaves, water which is off the boil and in a pot with a lid to avoid evaporating too much of the essential oil. Ideal for depression, nervous exhaustion, indigestion or nausea, and the early stages of colds and influenza.

**Tincture:** Best made from fresh leaves and with a rather stronger but similar action to the infusion. Small doses (5–10 drops) are usually more effective.

**Ointment:** Useful for sores and insect bites. The plant also contains citronellal which can help to repel insects.

**Infused oil:** Use as the ointment or as a gentle massage oil for tension or chest complaints. Make by the hot infusion method (less effective than essential oil-based extracts).

**Compress:** Use a pad soaked in the infusion for painful swellings such as gout.

**Mouthwash:** Use the infusion for mouth ulcers.

#### ESSENTIAL OIL

**Massage oil:** Use 5–10 drops of essential oil in 20 ml of almond or olive oil for depression, tension and as an antispasmodic for asthma and bronchitis.

**Ointment:** Use 5 ml of oil to 100 g of an ointment base for insect bites or as a preventative to deter pests.

## MINT

### ACTIONS :

Antispasmodic, digestive tonic, antiemetic, carminative, peripheral vasodilator, diaphoretic but also cooling internally, cholagogue, analgesic

#### AERIAL PARTS - M. X PIPERITA & M. ARVENSIS

**Infusion:** Use water that is off the boil and in a pot with a lid to avoid evaporating too much of the essential oil. For nausea, travel sickness, indigestion, flatulence, and colic. In combinations for colds and catarrh. Can also ease migraines.

**Steam inhalation:** Use a few fresh leaves and boiling water for nasal congestion.

**Compress:** A pad soaked in the infusion can be used to cool inflamed joints or for rheumatism or neuralgia.

**Tincture:** Used in similar ways to the infusion. Small amounts often added to remedies as a digestive or liver stimulant.

#### ESSENTIAL OIL -M. X PIPERITA

**Wash:** Use 20 drops of the oil in 100 ml of water for skin irritations, itching, burns and inflammations.

**Massage oil:** Use diluted in almond or vegetable oil as a massage for menstrual pains, or for milk congestion when breastfeeding. Combined with thyme and eucalyptus oils (up to a total of 25 drops of essential oil in 25 ml of carrier) it can be used as a chest rub during colds or influenza.

**Inhalant:** 2–3 drops of oil on a saucer of water left in the room at night can reduce nasal congestion during colds and influenza.

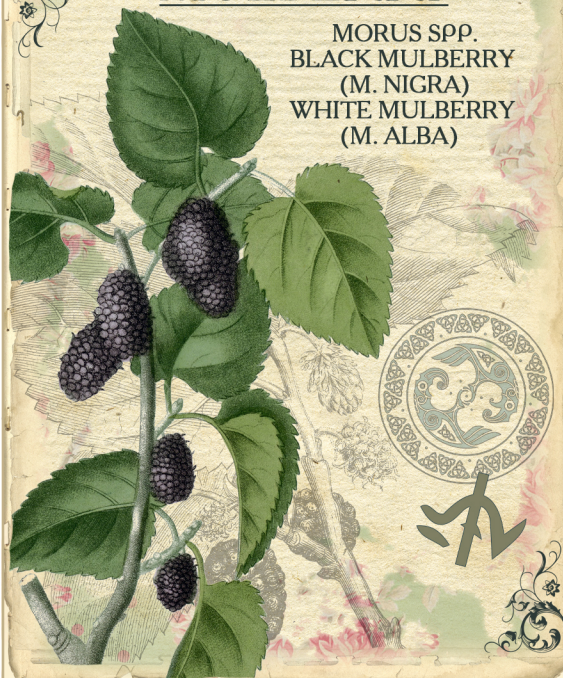
#### CAUTIONS:

- Avoid prolonged use of the essential oil as an inhalant.
- Peppermint should not be used for babies or young children.
- Peppermint can reduce milk flow and should be used with caution internally while breastfeeding.



# MULBERRY

MORUS SPP.  
BLACK MULBERRY  
(M. NIGRA)  
WHITE MULBERRY  
(M. ALBA)



# NUTMEG

MYRISTICA  
FRAGRANS



# SPIKENARD

NARDOSTACHYS  
GRANDIFLORA



# LOTUS

NELUMBO  
NUCIFERA



# BASIL

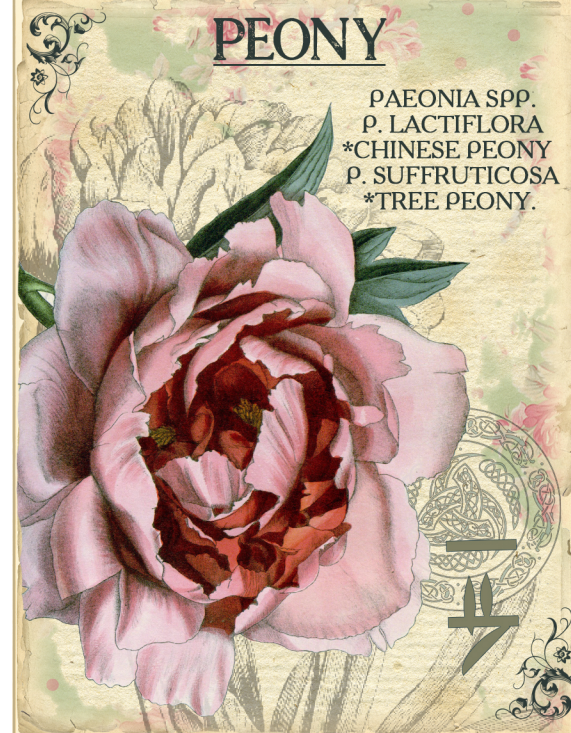
OCIMUM BASILICUM  
SWEET BASIL

OCIMUM SANCTUM  
HOLY BASIL



# PEONY

PAEONIA SPP.  
P. LACTIFLORA  
\*CHINESE PEONY  
P. SUFFRUTICOSA  
\*TREE PEONY.





## MULBERRY

### ACTIONS :

Root bark: Sedative, diuretic, expectorant, hypotensive;  
Fruit: Tonic, astringent, laxative;  
Leaf: Antibacterial, diaphoretic, expectorant;  
Twigs: Antirheumatic, hypotensive, analgesic.

### BERRIES- M. ALBA & M. NIGRA

Tincture: Use as a tonic to nourish the blood and yin — combine with wu wei zi or he shou wu — or just eat the fresh fruits.

Gargle: Use the astringent juice from crushed fresh berries as a mouthwash or gargle for mouth ulcers and sore throats.

### LEAVES - M. ALBA & M. NIGRA

Infusion: Use a standard infusion for colds and chills — combines well with elderflowers and mint.

Chinese decoction: A typical remedy based on mulberry leaves for common cold will also include herbs such as jie geng, peppermint and licorice.

Syrup: Combine a standard infusion with an equal quantity (weight to volume) of honey as a syrup for coughs and chronic lung weakness.

### ROOT BARK - M. ALBA

Decoction: Use for heat conditions affecting the lung or as a diuretic in cases of edema. For lung conditions mix with licorice, rice and di gu pi; for edema use with fu ling, chen pi and buchu.

### TWIGS - M. ALBA

Decoction: Use a standard decoction for rheumatic pains in the upper part of the body — combined with herbs such as wei ling xian, Siberian ginseng, fang feng, gui zhi or qin jiao.

Tincture: Use standard doses for rheumatic disorders — can be combined with herbs such as angelica, willow, St. John's wort or devil's claw.

### CAUTIONS:

- Avoid excess fruits in diarrhea.
- Avoid leaves and bark if lungs are weak or cold

## NUTMEG

### ACTIONS :

Carminative, digestive stimulant, antispasmodic, antiemetic, appetite stimulant, anti-inflammatory.

### NUTMEG

Powder: Use 1—2 x 200 mg capsules three times daily for nausea, indigestion, gastric upsets, and chronic diarrhea.

Decoction: Decoct 5 g with ginger (2 g), licorice (2 g), wu wei zi (5 g), wu zhu yu (5 g), and bu gu zi (10 g) in 600 ml of water (three doses) and use for early morning diarrhea or chronic colitis.

### NUTMEG OIL

Massage oil: Dilute (5%) in vegetable oil and use for muscular pains associated with rheumatism or over-exertion. Can also be combined with essential oils of thyme or rosemary. To prepare for childbirth, massage the abdomen daily in the three weeks before the baby is due with a mixture of 5 drops of nutmeg oil and 5 drops of sage oil in 25 ml of vegetable oil. Neat oil: Use 1—2 drops on a cotton swab applied to the gum around an aching tooth until dental treatment can be obtained. Use 3—5 drops on a sugar lump or teaspoon of honey for nausea, gastro-enteritis, chronic diarrhea and indigestion.

### CAUTIONS:

- Large dose (7.5 g or more in a single dose) is hallucinogenic and can lead to convulsions and palpitations.

*\* In trials it has been successfully used for Crohn's disease. The Chinese take rou dou kou to warm the stomach and regulate qi flow. As in the West, it is also used for diarrhea, especially the "cock crow" variety, which occurs on rising and can be related to qi weakness*

## SPIKENARD

### ACTIONS :

Antifungal, antibacterial, relaxing nervine, carminative, laxative, antispasmodic, diuretic.

### ROOT

Decoction: Simmer 1 teaspoon of dried root in a cup of milk as a restoring tonic for tension and nervous upsets. Use the standard decoction to strengthen and stimulate the digestive system in poor appetite, constipation, and sluggish digestion. Add a pinch of powdered cinnamon to each cup or combine with an equal amount of gotu kola infusion to enhance the action.

Syrup: Use the decoction as the base for a syrup and take 1-2 teaspoons for chesty coughs and bronchitis.

Maceration: The root can be macerated (as with valerian) as an alternative to the decoction and used as a calming sedative and tonic.

Tincture: Use as an alternative to valerian as a calming sedative or combine with gotu kola as a digestive and energy. Take up to 40 drops per dose.

### OIL

Lotion: Add 1-2 drops of oil to 1 teaspoon of almond oil as a lotion for athlete's foot and ringworm.

### AERIAL PARTS

Infusion: Drink a cup as a calming and soothing tea after a stressful day.

Wash: Use the infusion to bathe cuts, grazes, and fungal skin infections, such as athlete's foot.

*\* Highly valued since Biblical times, spikenard was the substance used to anoint Jesus at the Last Supper, and was regarded as a rejuvenating tonic by the Moghul emperors. Known as jatamansi in India, it shares the sedative properties of its relative valerian, although it also has a more spiritual dimension — believed in Ayurvedic medicine to promote awareness and strengthen the mind. It is listed by CITES as endangered, and trade in the wild plant is permitted only under licence.*

## LOTUS

### ACTIONS :

Aphrodisiac, astringent, stops bleeding, tonic, nervine.

### LEAVES AND LEAF STEM

Infusion: Take a cup three times daily for summer colds and fevers.

Wash: Use as a wash to bathe the forehead and body in fevers.

### SEED

Powder/capsules: Take 1—2 x 200 mg capsules or half a teaspoon of powder stirred into water as a tonic for heart and kidneys. In India, the same mix is used to strengthen the heart chakra and encourage devotion, aspiration, and concentration, as well as improve speech and help reduce stammering.

Decoction: Combine with dang shen and goldenseal for insomnia, palpitations, irritability, and urinary dysfunction associated with kidney and heart energy weakness.

### RHIZOME NODE

Tincture: Soak a swab in the tincture and use as a plug for nosebleeds.

Decoction: Combine with sheng di huang and elecampane for bronchitis and congestive coughs with blood streaked phlegm; seek professional help if symptoms continue for more than 24 hours.

Juice: Use 10 ml the fresh juice for blood in the urine or heavy periods, three times daily.

### PENDUNCLE/RECEPTACLE/FLOWER STALK

Infusion: Combine with motherwort for heavy menstrual bleeding and irregularity; with shepherd's purse for cystitis with blood in the urine.

Tincture: Use as the infusion.

### CAUTIONS:

- Avoid in constipation.

## BASIL

### ACTIONS :

Antidepressant, antiseptic, stimulates the adrenal cortex, antiemetic, tonic, carminative, febrifuge, expectorant.

### ESSENTIAL OIL

Baths: Use 5—10 drops in a bath for nervous exhaustion, mental fatigue, melancholy, or fear.

Chest rub: Use 5 drops in 10 ml or almond oil as a rub for asthma or bronchitis. Can be combined with thyme or hyssop oils.

Massage oil: Use the diluted oil for nervous weakness; can also be applied to prevent insect bites.

### LEAVES

Fresh herb: Rub leaves on insect bites to reduce itching and inflammation.

Tincture: This is almost as potent as the essential oil and can be combined with wood betony and skullcap in nervous conditions or with elecampane and hyssop for coughs and bronchitis.

Steam inhalant: Pour boiling water on basil leaves as an inhalant for head colds. Alternatively add 2—3 drops of the essential oil to a basin of very hot water and inhale.

Infusion: Combine with motherwort and drink a standard infusion immediately after childbirth to prevent a retained placenta.

Juice: Mix with a decoction of cinnamon and cloves for chills; combine 50:50 with honey as a syrup for coughs or use the same honey/basil juice mixture externally for ringworm and itching skin.

### CAUTIONS:

- Basil oil should not be used in pregnancy.

*\* In Ayurvedic medicine, holy basil (O. sanctum) is known as tulsi and the juice is an important tonic. Is also recommended for snakebites, chills, coughs, and skin problems, or used as ear drops for earache.*

## PEONY

### ACTIONS :

P. lactiflora: Antibacterial, antispasmodic, anti-inflammatory, analgesic, tranquillising, hypotensive.

P. suffruticosa: Antibacterial, circulatory stimulant, hypotensive, anti-inflammatory, analgesic, sedative.

### ROOT

#### P. lactiflora (red)

Decoction: Used, mainly in combination with other herbs, for any condition involving over-heated blood including certain types of eczema, skin inflammations, nose bleeds, and inflammations and pain associated with injuries. The usual dose is around 10—15 g of chi shao yao per dose (i.e. a decoction containing up to 45 g of herb in 600 ml water)

#### P. lactiflora (white)

Decoction: Used for liver-associated problems including menstrual disorders. One of the classic Chinese formulas is the "Four Things Decoction," which includes shu di huang (10 g), dang gui (10 g), chuan xiong (5 g), and bai shao yao (10 g) in 600 ml water and is used for anemia and irregular periods. As a regular tonic, ideal for women and reputed to beautify the skin, decoct 20 g of bai shao yao and 5 g of licorice root for 15 minutes with 500 ml of water and drink two wineglass doses daily.

### ROOT BARK

#### P. suffruticosa

Decoction: Used in combination with other herbs for feverish conditions involving nosebleeds and is also added to remedies for some types of eczema. It is often combined with shu di huang, shan zhu yu, fu ling, ze xie, and shan yao for liver disharmonies. The usual amount used is around 10 g of mu dan pi per dose (i.e. 30 g to 600 ml of water).

### CAUTIONS:

- Avoid during pregnancy.



# GINSENG

PANAX SPP.  
P. GINSENG  
P. QUINQUIFOLIUS  
P. NOTOGINSENG



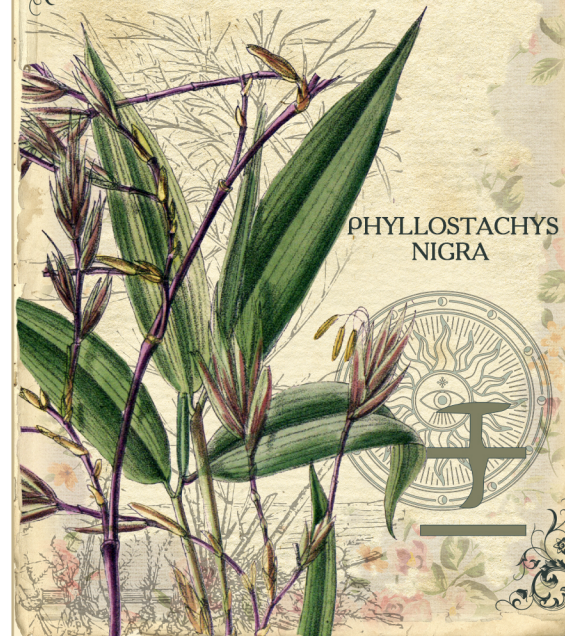
# PASSION FLOWER

PASSIFLORA  
INCARNATA



# BAMBOO

PHYLLOSTACHYS  
NIGRA



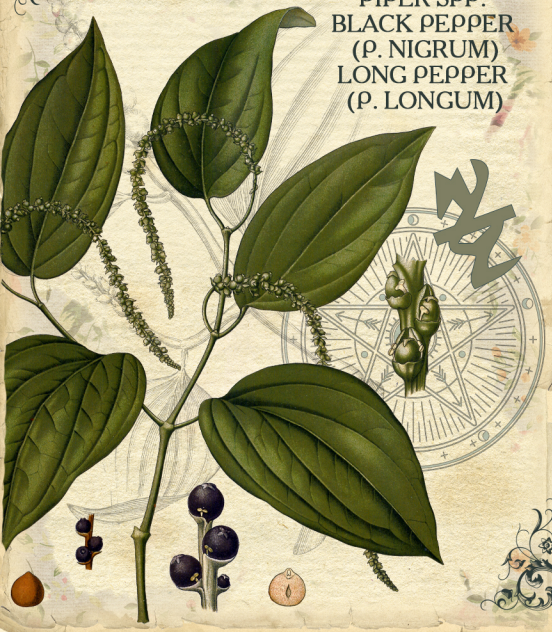
# POKEROOT

PHYTOLACCA  
AMERICANA



# PEPPER

PIPER SPP.  
BLACK PEPPER  
(P. NIGRUM)  
LONG PEPPER  
(P. LONGUM)



# KAVA KAVA

PIPER  
METHYSTICUM





## GINSENG

### ACTIONS :

Tonic, stimulant, reduces blood sugar and cholesterol levels, immunostimulant.

#### P. GINSENG -ROOT

Powder: Use in capsules or tablets in 1-4 g doses as a general tonic. It is often best to take ginseng for one month as the seasons change in the autumn to strengthen the body for winter. If taking ginseng regularly have a break of at least 2-3 weeks every two months.

Tincture: Use standard doses for diarrhea related to weak digestive function: combine with specific digestive remedies. Combine with walnut and a little ginger for asthma and chronic coughs. Can be used as a general tonic for fatigue and extreme weakness as with the powder.

Decoction: Use 3-10 g in 500 ml water. Featured in many traditional formulas, for example in a Taoist "longevity" mixture using ginseng with he shou wu, wu wei zi, and gou qi zi.

#### P. QUINQUIFOLIUS - ROOT

Powder: Use in capsules or tablets in 1-2 g doses for yin deficiency (e.g. may be suitable for women at the menopause) or for chronic lung weakness.

Tincture: Use standard doses as a tonic or combine with herbs like elecampane and mulberry bark for chronic cough and weak lungs or TB.

Decoction: Use 3-6 g in 500 ml of water as a yin tonic or for lung weakness.

#### P. NOTOGINSENG - ROOT

Powder: Use in capsules or tablets in 1-2 g doses for wounds, internal bleeding, traumatic injuries or pain. Combine with slippery elm for the pain of gastric ulceration or with hawthorn berry for blood stagnation.

Tincture: Use standard doses for painful injuries. Combine with shepherd's purse or mugwort for uterine bleeding. Combine with cornsilk, couchgrass or buchu for severe urinary tract inflammations with blood in the urine. Can be combined with herbs such as hawthorn or linden flowers in coronary heart disease.

## PASSION FLOWER

### ACTIONS :

Analgesic, antispasmodic, bitter, cooling, hypotensive, sedative, heart tonic, relaxes blood vessels.

#### AERIAL PARTS

Tablets: Take 1-2 tablets at night (or as directed on the pack) for insomnia; the tablets can be used for nervous tension during the day although excess can cause drowsiness.

Tincture: Combine with equal amounts of valerian and hops for insomnia and nervous tension; take 50 drops three times daily in a little water. The same can be used for high blood pressure associated with nervous stress.

Use up to 4 ml three times daily for tremors and vertigo or to ease the pain associated with shingles and toothache.

Powder/capsules: Take 1-2 x 200 mg capsules or half a teaspoon of powder night and morning for anxiety, tension, and nervous headaches.

Infusion: Take a cup for menstrual pain, tension headaches, and to help calm underlying tension in conditions like irritable bowel syndrome and irregular heartbeats. Dilute a standard infusion with an equal amount of water and give half a cup for hyperactivity in children. Combine with an equal amount of raspberry leaf for menstrual pain.

#### CAUTIONS:

- Use only low doses in pregnancy.
- May cause drowsiness.

*\*The Houmas in Louisiana traditionally used passion flower as a blood tonic while the Maya Indians used the crushed plant as a poultice for swellings and as a decoction for ringworm. Today, it is mostly used as a sedative, painkiller, to reduce blood pressure, and in homeopathy as a remedy for nervous insomnia. Although a potent remedy, it is gentle enough for children and can be used for hyperactivity and restlessness. It can ease tremors in the elderly, including those associated with Parkinson's disease.*

## BAMBOO

### ACTIONS :

Antispasmodic, antimicrobial, demulcent, expectorant, tonic, stops bleeding.

#### SAP

Juice: The sap is generally used singly as a juice for congestive coughs; it can be combined with an equal amount of ginger juice to warm the mixture. Take in teaspoon doses.

#### SHAVINGS

Decoction: Combine with an equal amount of elecampane as a tonic following flu or use with a pinch of ginger for congestive coughs. The decoction is often made with milk in Ayurvedic medicine.

Tincture: Take 20-40 drops to soothe the nervous systems.

Powder: Use 250 mg to 1 g (up to a teaspoon) per dose as a lung tonic after flu or other debilitating disorders.

#### LEAF

Infusion: Take a cup for feverish colds and nausea. Soak a swab in the infusion and use to plug nosebleeds; the infusion taken internally will also help.

#### CAUTIONS:

- Avoid in diarrhea and coughs associated with cold.

*\*Bamboo shavings (zhu ru) are usually supplied by Chinese herbalists in balls looking rather like raffia. They are used as a cooling remedy for the blood and to clear dampness and phlegm and to clear heat from the stomach, which in Chinese terms may include such symptoms as bad breath, nausea, and vomiting. In Ayurveda both shavings and sap are combined as vamsha rochana or bamboo manna and are regarded as strongly anti-pitta to stop bleeding and clear fevers. Vamsha rochana is also nourishing and a rejuvenative tonic for the lungs to speed recovery from chronic illnesses and debility.*

## POKEROOT

### ACTIONS :

Antirheumatic, stimulant, anti-catarrhal, purgative, emetic, antiparasitic, anti-inflammatory, immune stimulant, lymphatic stimulant, mild analgesic.

#### ROOT

Powder: Can be taken in small doses of 50-250 mg for lymphatic disorders including mastitis, tonsillitis, etc. or for rheumatism. Use a little of the powder as a dust for skin fungal infections, dry eczema, psoriasis or scabies.

Tincture: Use a maximum dose of 1 ml or 20 drops for acute lymphatic congestion and infection including conditions like mastitis, tonsillitis, scrofula, and in glandular fever. Combine with wild indigo, purple coneflower, or cleavers. Can also be added to herbal remedies for rheumatism and rheumatoid arthritis.

Poultice: Use poultices of the dried root or berries on inflamed joints.

Lotion: Use the diluted tincture or powder dispersed in water as a lotion for lymphatic swellings.

#### CAUTIONS:

- All parts of the fresh plant are toxic and can cause vomiting. Fatalities have been reported in small children who have eaten the berries and care should be taken if growing it in domestic gardens.
- In large doses the dried root is an extremely violent emetic and purgative. Do not exceed stated doses.
- Both fresh and dried berries are toxic.
- Avoid in pregnancy as it can cause fetal abnormalities.

*\*Generally described as "milder" in action to the root, the fresh and dried berries are toxic, so the Appalachian practice of chewing them is not recommended. The juice was once used externally for ulcers and tumors but is not particularly effective.*

## PEPPER

### ACTIONS :

Antiseptic, antibacterial, carminative, digestive and circulatory stimulant; topically rubefacient.

#### FRUIT

##### P. nigrum

Decoction: Simmer 10 peppercorns and a slice of galangal per cup for nausea, diarrhea and abdominal bloating associated with cold and chills.

##### P. longum

Infusion: Use as a tonic in chronic respiratory problems; in Ayurveda a milk decoction rather than infusion is often used - simmer three pods in a cup of milk and take each morning.

Decoction: Simmer three pods with a slice of galangal and take a cup for stomach chills and diarrhea. Use with a slice of ginger, a small piece of dang shen, and a pinch of cinnamon for chronic diarrhea associated with cold.

Powder: Combine crushed black pepper, long pepper and powdered ginger to create trikatu and use a pinch in cooking to stimulate the digestion. Use a pinch of long pepper powder topically for toothache.

#### ESSENTIAL OIL

##### P. nigrum

Massage rub: Use 10 drops of oil in 20 ml of infused cayenne oil for rheumatic aches and pains associated with cold. Use 1 drop in 5 ml of infused St. John's wort oil for neuralgia and sprains.

Cream: Add 10 drops of oil to 20 g of amica cream for chilblains (on unbroken skin only).

*\*Black pepper is an effective warming stimulant for the digestive tract. It was traditionally used in cooking to counter cold, damp vegetables, such as beans, with their tendency to cause flatulence and stomach chills. In China, the herb is known as hu jiao and is used as a warming remedy for stomach chills.*

## KAVA KAVA

### ACTIONS :

Analgesic, antispasmodic, antiseptic, sedative, diuretic, tonic, urinary antiseptic, encourages sleep.

#### ROOT

Tincture: Use drops doses on the tongue to relieve pain.

Infusion: Drink a cup as a calming sedative, to relieve tension and insomnia. It will also relieve the pain of rheumatic complaints and urinary tract infections. Regular cups will also help in debility and convalescence. High doses of the infusion can induce euphoria although excess will lead to stupor and drowsiness.

Capsules and tablets: Available commercially, use for pains, stress and tension headaches, or to increase resistance to infections.

Mouthwash: Use the infusion as a mouthwash and gargle for toothache and gum disorders.

Wash: Use the infusion as an antiseptic to bathe cuts and grazes.

#### STUMP

Poultice: Use the crushed and soaked root or stump as a poultice for skin infections and suppurating sore.

Juice: Take 5-10 ml per dose for chronic respiratory disorders.

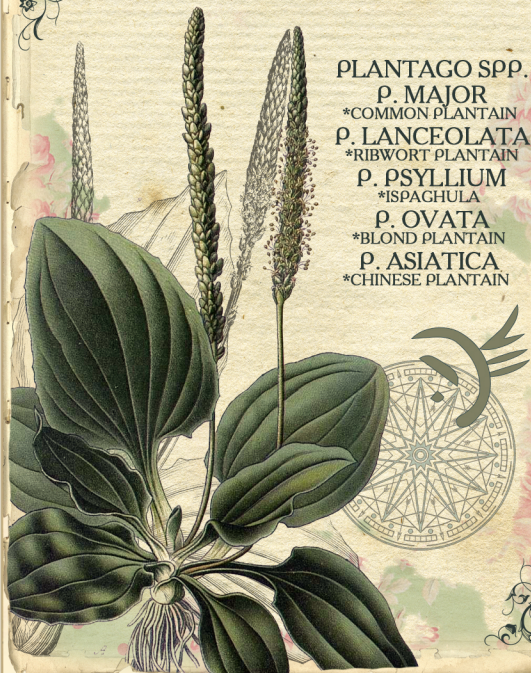
#### CAUTIONS:

- Kava kava should not be taken in pregnancy or for longer than one month without a break.
- Kava acts as an appetite suppressant and is always followed by a small meal, as overeating after taking the herb can lead to nausea.

*\*Great ritual significance is attributed to kava kava in the South Sea Islands; it is offered in ceremonies to honor guests, used in religious rites, and recommended for an impressive list of ailments. Traditional ritual drinks were made from the macerated root as a calming potion to increase mental awareness, while the leaves, juice, and stumps are all used medicinally. The plant smells slightly of lilac with a pungent taste.*



## PLANTAIN



PLANTAGO SPP.  
P. MAJOR  
\*COMMON PLANTAIN  
P. LANCEOLATA  
\*RIBWORT PLANTAIN  
P. PSYLLIUM  
\*ISPAGHULA  
P. OVATA  
\*BLOND PLANTAIN  
P. ASIATICA  
\*CHINESE PLANTAIN

## COWSLIP & PRIMROSE



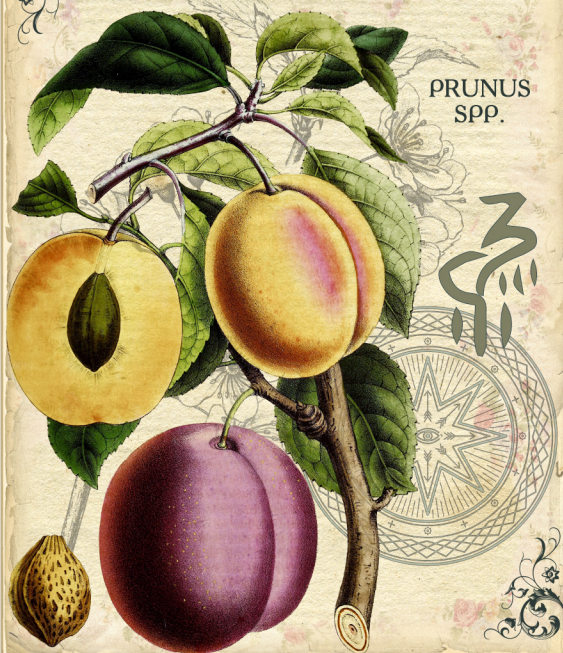
PRIMULA SPP.  
P. VERA  
\*COWSLIP  
P. VULGARIS  
\*PRIMROSE

## SELF-HEAL



PRUNELLA  
VULGARIS

## PLUM FAMILY



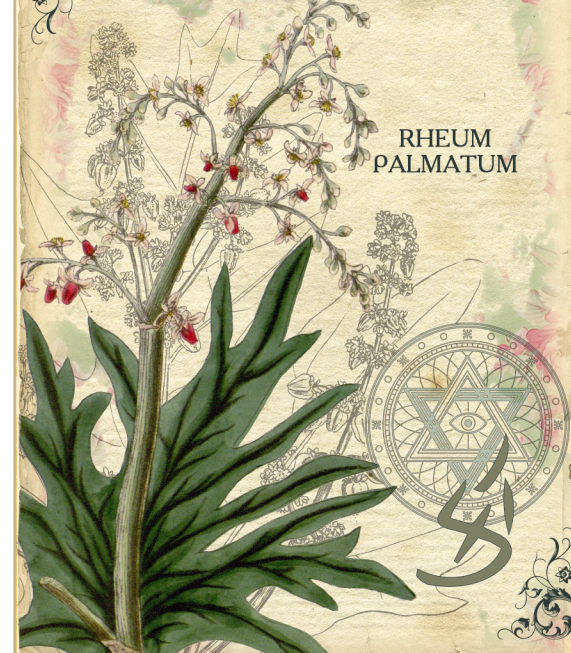
PRUNUS  
SPP.

## KUDZU



PUERARIA  
LOBATA

## RHUBARB



RHEUM  
PALMATUM



## PLANTAIN

### ACTIONS :

Leaves: relaxing expectorant, tonifying to mucous membranes, anti-catarrhal, antispasmodic, topically healing;  
Seeds: demulcent, laxative.

### LEAVES

#### P. major & P. lanceolata

Juice: Pressed from fresh leaves for inflamed mucous membranes in, for example, cystitis, diarrhea, lung infections (e.g. whooping cough). Use 10 ml three times daily.

Infusion: Second best to the juice but suitable for similar conditions.

Tincture (P. lanceolata): Make from fresh leaves if possible. Good for catarrhal conditions or where a more astringent effect is needed.

Syrup: Combine honey with the juice or infusion to make a cough syrup useful if the throat is sore or inflamed.

Poultice: Use fresh leaves for slow-healing wounds or chronic ulcers. Apply fresh leaves (P. major) to insect stings.

Wash: Use the juice or infusion for inflammations, sores, or wounds.

Ointment (P. major): For wounds, burns, and hemorrhoids.

Gargle: Use the infusion or diluted juice for sore throats, mouth or gum inflammations.

#### P. asiatica

Juice: Pressed from the fresh leaves and used as a diuretic.

Decoction: Unusually in Chinese medicine, the qian cao is often used as a simple for lung and urinary infections rather than in complex formulas with other herbs.

### SEEDS

#### P. psyllium & P. ovata

Infusion: Pour a cup of boiling water onto a teaspoon of seeds. Allow to cool and then drink the mucilage and seeds as a bulking laxative for constipation. Best taken at night.

## COWSLIP & PRIMROSE

### ACTIONS :

Root: Stimulating expectorant, antispasmodic, anti-inflammatory, astringent.  
Flowers: Sedative nervine.

### ROOT

Decoction: Use a standard dose for stubborn coughs to clear phlegm — especially suitable for chronic bronchitis. The decoction can also be used for arthritic and rheumatism.

Tincture: Use as the decoction — up to 5 ml three times a day.

Compress: A compress soaked in the decoction can be applied to painful arthritic joints.

### FLOWERS

Tincture: Take 5–10 drops for insomnia, anxiety or over-excitement.

Infusion: A standard infusion can be sipped for headaches and feverish chills.

Compress: For facial or trigeminal neuralgia.

Ointment: Traditionally used for sunburn and skin blemishes.

Essential oil: Can be used in ointments and massage oils or 5–10 drops in bath-water at night for insomnia.

### CAUTIONS:

- High in salicylates so should be avoided by those with sensitivity to aspirin.
- Uterine stimulant so high doses should be avoided in pregnancy.
- Should be avoided by patients on warfarin therapy.

*\* Cowslips take their name from the Anglo-Saxon cu-sloppe, a reminder or the days when they bloomed in meadows among the dairy herds. Given their current rarity, primroses are now regarded as a good second-best, and the two herbs are used almost interchangeably. The roots, and to a lesser extent the leaves, are rich in saponins, irritant chemicals that have expectorant properties, making them a favorite for chesty coughs. They also contain salicylates so can be helpful for arthritic conditions.*

## SELF-HEAL

### ACTIONS :

Leaves/aerial parts: Antibacterial, hypotensive, diuretic, astringent, wound herb.  
Flower spikes: Liver stimulant, hypotensive, antibacterial, antipyretic.

### AERIAL PARTS

Tincture: Best made from the fresh plant. Can be used for all sorts of bleeding — including heavy periods, blood in the urine, etc.

Infusion: Use as the tincture, allowing the brew to cool. Can also be helpful as an astringent and bitter herb in diarrhea. the infusion also makes a useful Spring tonic.

Mouthwash: Use a weak infusion or dilute tincture for bleeding gums and mouth inflammations.

Gargle: Use a weak infusion or dilute tincture for sore throats.

Eye bath: Use a very weak, well strained infusion in an eye bath for hot, tired eyes or conjunctivitis.

Poultice: Use the fresh leaves on clean wounds.

Ointment: Can be used for bleeding piles.

### FLOWER SPIKES

Decoction: Used to clear heat from the liver which may be associated with irritability and anger, over-excitability, high blood pressure, headaches, hyperactivity in children or eye problems. Often combined with ju hua (Chinese chrysanthemum flowers).

*\* A highly regarded European wound herb, self-heal is widely used to stop bleeding from "inward and outward wounds." In the past, the flower spikes were considered to resemble to throat and under the doctrine of signatures theory whereby plants cured those parts of the body that they most resembled, so it was used for inflammations of the mouth and throat. In Chinese medicine the flower spikes are known as xia ku cao, which translates as "summer dry herb."*

## PLUM FAMILY

### ACTIONS :

Most species show antitussive, astringent, antibacterial, analgesic, diuretic, and anti-inflammatory activity.

### SEEDS -P. armeniaca (wild apricot)

Tincture: Use 10 drops in 1 teaspoon of mulberry leaf tincture for dry coughs associated with feverish colds.

Decoction: Combine with dang gui for constipation associated with debility and dryness.

#### P. persica (peach)

Tincture: Use with dang gui to stimulate blood and circulation.

Decoction: Use with rhubarb root, liquorice, cinnamon twigs (guizhi) and dang gui for menstrual problems associated with blood stagnation.

#### P. japonica (bush cherry)

Decoction: Use as a gentle laxative for mild constipation.

### FRUIT -P. armeniaca (wild apricot)

Tonic: Simmer 250 g of apricots in 500 ml of water for 8-12 hours or leave in a slow cooker overnight. Remove the stones and blend the mixture in a food processor. Add 500 ml of red wine and 100 ml of dang guitincture and mix well. Take 10 ml twice a day for iron-deficient anaemia.

### UNRIPE FRUIT - P. mume (Chinese plum)

Syrup: Simmer the fruits with water and add sugar to make a syrup for coughs and lung weakness.

Decoction: Use for chronic diarrhea and colitis.

#### BARK -P. serotina (wild cherry)

Tincture: Use 40-80 drops per dose to ease irritant hacking coughs and whooping cough. Combine with mullein or hyssop. Avoid for productive coughs as wild cherry bark acts as a cough suppressant rather than expectorant.

Decoction: Use ½ teaspoon of dried bark per cup and take in ½ cup doses, up to three times daily. Combine with elecampane or liquorice.

### CAUTIONS:

- All Prunus spp., especially the seeds, are potentially toxic in high doses.

## KUDZU

### ACTIONS :

Circulatory stimulant, diaphoretic, mild hypotensive, febrifuge, reduces blood sugar.

### ROOT

Tincture: Use with half as much each of huang qin, licorice and goldenseal for diarrhea associated with food poisoning. Take 5 ml of the mix per dose.

Decoction: Use with cinnamon twigs, ginger and licorice for "wind-cold" syndromes associated with common colds, feverish chills, stiffness in the neck and headaches.

Tincture: Use 10–20 drops in hot water to combat the symptoms of alcohol poisoning.

Juice: Used to reduce severe drunkenness — traditionally enough juice to fill 12 liqueur glasses is needed for the drunkard to regain consciousness.

Tablets/capsules: Used to stimulate and normalize blood flow through the coronary artery in angina pectoris (30–120 mg daily divided into two doses). Tablets containing the equivalent of 5 g of crude root (take two, three times daily) have been successfully used in trials for headaches and sudden deafness associated with spasms of the internal auditory artery.

Powder: Take ½ teaspoon of powder in water for high blood pressure associated with stiff neck and pain.

### FLOWER

Infusion: Drink a cup for nausea and vomiting associated with hangovers.

*\* Introduced into the U.S. from Japan in the 1870s as a food, fodder, and fiber crop, by 1945 some 500,000 acres in the Southeast were infested with the vine. Today the plant is described as a "vegetative plague" throughout many of the Southern states and is the subject of a strenuous eradication program. Despite its bad press, kudzu is an important Chinese remedy for fevers, headaches, and heart disease, and it is also effective at combating alcohol addiction.*

## RHUBARB

### ACTIONS :

Laxative, digestive remedy, astringent.

### ROOT

Tincture: The action of rhubarb root varies considerably depending on the dose. Low doses (5–10 drops) are astringent and can be used in diarrhea. A slightly higher dose (1 ml) acts as a good liver stimulant and gentle laxative while very high doses (up to 2.5 ml) have a strong cooling and purgative effect. Use increasing doses of carminatives such as fennel or mint with higher doses of rhubarb to prevent griping pains.

Decoction: A weak decoction (up to 0.5 g of root per dose) can be used for diarrhea while a strong decoction (3 g of root per dose) is effective for chronic constipation or period cramps associated with delayed menstruation.

Wash: Rhubarb root is also antibacterial and astringent and a strong decoction can be used on boils and suppurating skin diseases.

### CAUTIONS:

- Avoid in pregnancy.
- Contains oxalates — best avoided in arthritic conditions and gout.
- Do not use the leaves which are toxic and can cause fatal oxalate poisoning.

*\* Rhubarb root is known as da huang in China, which translates literally as "big yellow," an accurate description of the color of rhubarb tinctures and decoctions. It is used in very similar ways in both East and West as a purgative and liver cleanser. Rhubarb root is intrinsically cold, and the Chinese use it to clear pathogenic heat from the stomach and liver in such cases as acute jaundice and appendicitis. It is also added to remedies used to clear heat from the blood and is believed to move stagnant blood. Harvest in winter after the aerial parts have died down.*





# ROSE

ROSA SPP.

R. GALICA VAR. OFFICINALIS  
R. X LAEVIGATA  
R. CANINA  
R. RUGOSA  
R. X DAMASCENA  
R. CENTIFOLIA  
R. INDICA



# ROSEMARY

ROSMARINUS  
OFFICINALIS



# RASPBERRY

RUBUS  
IDAEUS



# WILLOW

SALIX  
ALBA



# SAGE

SALVIA  
OFFICINALIS

PURPLE SAGE  
(S. OFFICINALIS  
PURPURESCENS  
GROUP)

CHINESE SAGE  
(S. MILTIORRHIZA)



# ELDER

SAMBUCUS  
NIGRA



## ROSE

### ACTIONS :

Antidepressant, antispasmodic, aphrodisiac, astringent, sedative, digestive stimulant, choleric, cleansing, expectorant, antibacterial, antiviral, antiseptic.

#### ESSENTIAL OIL R. X DAMASCENE & R. CENTIFOLIA

**Baths:** Add two drops of rose oil to bath-water for depression, sorrows or insomnia. **Massage oil:** Use up to 10% rose oil in a carrier oil to relieve stress and exhaustion or for a sluggish digestion.

**Cream:** Add a few drops of rose oil to creams for dry or inflamed skin conditions. **Lotion:** Use rosewater with 10% lady's mantle tincture for vaginal itching. The same combination can be made into a cream using a standard base. Use 50:50 rosewater and distilled witch-hazel as a cooling, moisturising lotion for skin prone to spots or acne.

#### PETALS R. GALLICA VAR. OFFICINALIS

**Tincture:** Use up to 3 ml, three times a day for diarrhea or sluggish digestion.

Can be combined with other herbs for irregular menstruation or heavy periods (such as lady's mantle, white deadnettle, or shepherd's purse). **Gargle:** Use a standard infusion as a gargle for sore throats, could also be combined with sage.

#### FLOWER BUDS R. RUGOSA

**Decoction:** Use with motherwort for heavy menstrual bleeding (mild cases). Combine with bai shao and xiang fu for liver qi dysfunction.

#### FRUITS R. CANINA

**Syrup:** Used to flavor other medicines and added to cough mixtures or as a source of vitamin C.

**Tincture:** Use a standard tincture as an astringent for diarrhea, to relieve colicky pains, or as a component in cough remedies.

#### FRUITS R. LAEVIGATA

**Decoction:** Use with dang shen, bai zhu, and shan yao for chronic diarrhea associated with stomach weakness. Also used with other herbs for kidney weakness.

## ROSEMARY

### ACTIONS :

Leaves/aerial parts: astringent, digestive remedy, nervine, carminative, antiseptic, diuretic, diaphoretic, antidepressant, circulatory stimulant, anti-spasmodic, restorative tonic for nervous system; chologogue, cardiac tonic.

**Essential oil:** topically - rubefacient, analgesic, antirheumatic.

#### LEAVES AND AERIAL PARTS

**Infusion:** For colds and flu or for rheumatic pains use a standard infusion and drink while hot. Also as a general stimulating drink for fatigue or headaches. Also has a gentle carminative action for indigestion.

**Hair rinse:** Use an infusion as the final rinse for dandruff.

**Compress:** A pad soaked in hot rosemary infusion can be used for sprains. Alternate 2-3 minutes of the hot compress with 2-3 minutes applying an ice pack to the injury.

**Tincture:** Use whenever a stimulant tonic is needed (up to 5 ml three times a day). Combines well with oats, skullcap, or vervain in depression.

#### ESSENTIAL OIL

**Massage rub:** For arthritis and rheumatism dilute 1 ml of rosemary oil in 25 ml of sunflower or almond oil and massage a little into aching joints and muscles. The same oil can be massaged into the scalp to stimulate hair growth or used on the temples for headaches.

**Baths:** Use 10 drops of oil in the bath for aching limbs or as a stimulant in nervous exhaustion.

*\* A favorite herb both medicinally and as a symbol for remembrance, rosemary is a Mediterranean shrub that gradually spread north and was reputedly first grown in England by Philippa of Hainault, wife of Edward III in the fourteenth century. The plant is an excellent tonic and stimulant for the nervous system and has always been regarded as uplifting and energizing.*

## RASPBERRY

### ACTIONS :

Astringent, partus preparator, stimulant, digestive remedy, tonic, diuretic, laxative.

#### LEAVES

**Infusion:** To ease childbirth, take one cup daily of the standard infusion in the last six to eight weeks of pregnancy and drink plenty of the warm tea during labor. The infusion can also be used for mild diarrhea.

**Mouthwash:** Use a standard infusion for mouth ulcers or as a gargle for sore throats.

**Wash:** The infusion can be used for bathing wounds or regularly on varicose ulcers and sores. In eye baths it can ease conjunctivitis and other eye inflammations.

**Tincture:** This is more astringent than the infusion and is useful, diluted, on wounds or inflammations or used as a mouthwash for ulcers or gum inflammations.

#### BERRIES

**Vinegar:** Steep 500 g fruit in 1 liter of wine or cider vinegar for two weeks to produce a thick red liquid that can be added to cough mixtures as an expectorant or used in gargles for sore throats. It tastes quite pleasant and can help disguise the flavor of other herbal expectorants.

#### CAUTIONS:

- Avoid raspberry leaf tea in early pregnancy as it can stimulate the uterus.

*\* Traditionally recommended for indigestion and rheumatism, the berries are rich in vitamins and minerals and highly nutritious. The juice has been used in folk medicine as a cooling remedy in for fevers, childhood illnesses, and cystitis. Harvest when ripe in summer or autumn. Leaves have also been used as a cleansing diuretic, included in rheumatic remedies, and in France they are regarded as a tonic for the prostate. Harvest in summer before and during fruiting.*

## WILLOW

### ACTIONS :

Antirheumatic, anti-inflammatory, antipyretic, anti-hydrotic, analgesic, antiseptic, astringent, bitter digestive tonic.

#### BARK

**Fluid extract:** Stronger than a standard tincture and it is generally used for rheumatic conditions in standard doses. It can also be used for headaches and neuralgia.

**Tincture:** Use up to 15 ml doses for fevers. Combine with other suitable herbs — such as boneset, elder, or bitters.

**Powder:** The powdered root can be used in doses of up to 10 g for fevers and headaches. Take mixed with a teaspoon of honey.

**Decoction:** Use standard doses for feverish chills, headaches or as part of arthritic treatments.

#### LEAVES

**Infusion:** Use a standard infusion after meals for digestive problems.

#### CAUTIONS:

- Avoid in aspirin allergy.

*\* In traditional herbal medicine, white willow was classified as a cool, moist plant and was widely used for fevers and other "hot" conditions. It was one of the first herbs to be scientifically investigated, and in the nineteenth century a French chemist, Leroux, extracted the active constituent and named it salicine. By 1852 this same chemical was being produced synthetically, and by 1899 a less irritant and unpleasant tasting variant of this substance (acetylsalicylic acid) was manufactured and marketed as aspirin; the first of the modern generation of plant-derived drugs. In modern herbal medicine only the bark is used. Harvest in autumn or winter, taking only a little from each tree.*

## SAGE

### ACTIONS :

S. officinalis Leaves: Carminative, antispasmodic, astringent and healing to mucosa, antiseptic, peripheral vasodilator, suppresses perspiration, reduces salivation and lactation, uterine stimulant, systemically antibiotic, hypoglycemic, chologogue.

**Essential oil:** Antiseptic, antispasmodic, astringent, hypertensive, stimulant, emmenagogue, antioxidant.

S. miltiorrhiza: Circulatory stimulant used to move blood, sedative, clears pathogenic heat.

#### LEAVES S. OFFICINALIS & S. OFFICINALIS PURPURESCENS GROUP

**Infusion:** Use 20 g to 50 ml water as a general tonic. Also as a liver stimulant and to improve digestive function and circulation in debilitated conditions. Can also be used to reduce lactation at weaning and for night sweats and other menopause symptoms.

**Gargle/mouthwash:** Use a weak infusion as a gargle for sore throats, tonsillitis, quinsy, or as mouthwash for mouth ulcers, gingivitis, and similar problems.

**Tincture:** Used in menopausal remedies for night sweats and as a digestive stimulant. Also used to reduce salivation in Parkinsonism, giving symptomatic relief.

**Cream:** Popular in France to treat minor skin sores, grazes, and insect bites.

**Hair rinse:** For dandruff or to restore the color to gray hair.

#### ROOT S. MILTIORRHIZA

**Decoction:** For menstrual pain caused by stagnation; also used in Chinese medicine for angina pectoris and coronary heart disease

#### CAUTIONS:

- S. officinalis contains thujone which can trigger fits in epileptics who should avoid large amounts of the herb.
- Do not take therapeutic doses of sage leaf in pregnancy.

## ELDER

### ACTIONS :

Flowers: expectorant, anti-catarrhal, circulatory stimulant, diaphoretic, diuretic; locally — anti-inflammatory.

Berries: diaphoretic, diuretic, laxative.

Bark: internally — strong purgative, emetic (in large doses), diuretic; externally — softening.

Leaves: externally — softening, wound-healing;

internally — purgative, expectorant, diuretic, diaphoretic.

Root: violent emetic and purgative (not used nowadays).

#### FLOWERS

**Infusion:** Drink hot for feverish and catarrhal conditions involving the lungs or upper respiratory tract (including hay fever); can be combined with yarrow, boneset, and peppermint in equal proportions.

**Gargle:** Use a standard infusion as a mouthwash and gargle for mouth ulcers, sore throats, tonsillitis.

**Eye bath:** Use a cold, well-strained infusion for inflamed or sore eyes.

**Tincture:** Use a standard infusion for colds and flu or take from February to April to help reduce hay fever symptoms.

#### BARK

**Decoction:** Use 10 g to 800 ml water for stubborn constipation or as a general digestive cleanser, also for chronic gout and arthritis.

#### LEAVES

**Ointments:** For bruises, sprains, wounds, chilblains or hemorrhoids.

#### BERRIES

**Syrup:** As a prophylactic for winter colds or in combination with expectorants (e.g. thyme) for coughs.

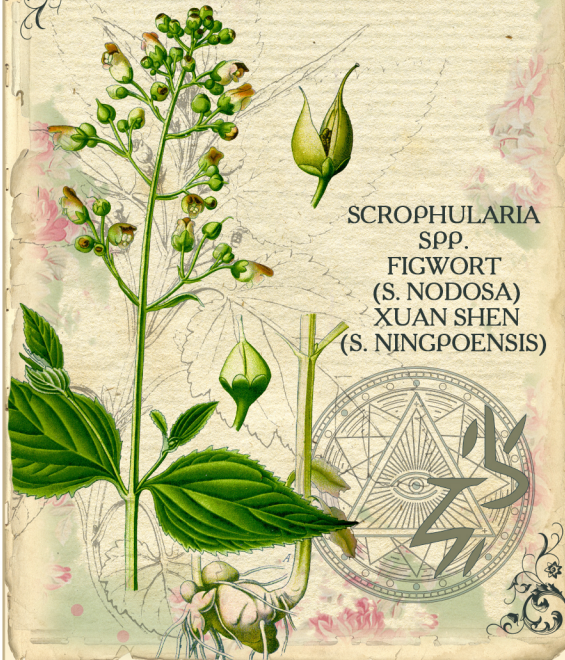
**Tincture:** Can be useful in combination with other herbs for rheumatic conditions.

#### CAUTIONS:

- The bark should be avoided in pregnancy



# FIGWORT



SCROPHULARIA  
SPP.  
FIGWORT  
(S. NODOSA)  
XUAN SHEN  
(S. NINGPOENSIS)

# SKULLCAP



SCUTELLARIA SPP  
BLUE SKULLCAP  
(S. LATERIFLORA)  
HUANG QIN  
(S. BAICALENSIS)

# SENNA



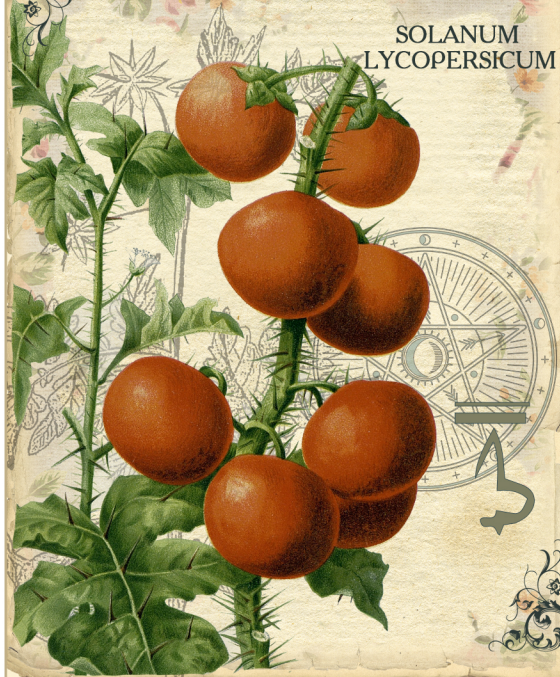
SENNA  
ALEXANDRINA

# MILK THISTLE



SILYBUM  
MARIANUM

# TOMATO



SOLANUM  
LYCOPERSICUM

# WOOD BETONY



STACHYS  
OFFICINALIS



## FIGWORT

### ACTIONS :

**Aerial parts (S. nodosa):** diuretic, laxative, heart stimulant, circulatory stimulant, anti-inflammatory, diuretic, laxative;  
**Root (S. ningpoensis):** tonic, antipyretic, anti-inflammatory, antibacterial, heart tonic, hypotensive, sedative.

### AERIAL PARTS -S. NODOSA

**Infusion:** Use whenever there is a build-up of toxins to cleanse — in rheumatic conditions, lymphatic disorders, or for skin conditions like eczema and psoriasis.

**Tincture:** In combination with other digestive herbs for constipation and sluggishness or with herbs like yellow dock, bitter sweet, or burdock in skin conditions.

**Wash:** Use the infusion for eczema, skin inflammations, fungal infections, etc.

**Compress:** Use a pad soaked in the infusion for painful swellings, wounds, ulcers, etc.

### ROOT -S. NINGPOENSIS

**Decoction:** For deep-seated abscesses and lymphatic swellings.

Also for throat problems - swollen glands, tonsillitis, etc. As yin tonic it is used with salt.

### CAUTIONS:

- Figwort is a heart stimulant; avoid in cases of abnormally raised heartbeat.

\* In both Eastern and Western traditions, figwort (*S. nodosa*) is a very cleansing herb: it was known as the scrofula plant - hence its botanical name — and used to treat abscesses, purulent wounds and the “king’s evil” or scrofula (tuberculosis of the lymph nodes). Culpeper called the herb “throatwort” because of its use in treating this disease. The Chinese use a related species (*S. ningpoensis*) known as xuan shen, as a prime remedies for “fire poisons,” the same sort of purulent conditions associated with it in the West.

## SKULLCAP

### ACTIONS :

**S. lateriflora:** Relaxing and restorative nervine, antispasmodic;  
**S. baicalensis:** Antibacterial, antipyretic, diuretic, antispasmodic, cholagogue

### AERIAL PARTS -S. LATERIFLORA

**Infusion:** Use the fresh herb if possible as a calming tea in nervous exhaustion, excitability, over-anxiety, etc. The tea can also be helpful for PMT or taken — combined with wild lettuce or passionflower — at night for insomnia.

**Tincture:** Best made from the fresh herb and a very potent calming nervine. Take 5 ml as a simple or combine with lemon balm (1 ml) for any nervous stresses or depression.

### ROOT -S. BAICALESIS

**Decoction:** Usually in combination with other cold, bitter herbs to purge heat from the system in gastric, chest, and urinary infections. Also combined with other herbs to reduce high blood pressure.

\* A comparative newcomer to the European materia medica, blue skullcap was used by Native Americans for rabies and to promote menstruation. It is characterized by its dish shaped seed-pods and flowers grow on only one side of the stem, hence its botanical name *S. lateriflora*.

Today it is considered as one of the best herbal nervines — sedative, tonic, and antispasmodic. It can also be helpful in premenstrual tension and has been used for epilepsy. Harvest late in the flowering period when some of the characteristic skullcap-shaped seed pods have formed. The Chinese plant, *S. baicalensis* (huang qin), is very different and mainly used for the stomach and lung problems. It can also be useful in urinary tract infections and for skin infections. It is believed to contain high levels of melatonin which help combat insomnia and chronic headaches. Korean research suggests it may reduce the risk of gum and tooth disease

## SENNA

### ACTIONS :

**Stimulating laxative, cooling, antibacterial, anthelmintic.**

### PODS

**Infusion:** The usual recommendation is 15-30 mg per dose, which generally means 3-6 pods. Leave the pods in a cup of warm water overnight and drink first thing in the morning. Add a slice of fresh ginger root or a teaspoon of fennel seeds to the maceration to help combat any gripping pains which may be caused by increase in peristalsis.

**Tablets/powders:** Many commercial preparations are available: the usual dose is 1-2 teaspoons of granules or 2-4 tablets, taken in the morning.

### LEAVES

**Tincture:** 10–30 drops per dose; taken in the morning with a little water.

**Infusion:** Use ½ teaspoon of dried leaf with 1 teaspoon of fennel seeds per cup of boiling water for severe constipation. Do not continue for more than seven days and ensure a break of at least two weeks before repeating the treatment.

### CAUTIONS:

- Do not take senna in pregnancy, while breastfeeding or in cases of inflammatory bowel disease.

\* Generally, the leaves are used in infusions, powders, or tablets. They irritate the digestive tract and encourages peristalsis so long-term, habitual use can weaken the digestive system. Senna should be avoided if there is inflammation in the gut, as in Crohn’s disease or ulcerative colitis. Senna produces a soft stool so it is used where there are problems with bleeding piles or anal fissures. The Chinese use dried senna leaf as a cooling remedy to clear heat from the digestive system, which can lead to abdominal bloating and discomfort, as well as a purgative for habitual constipation. In India, senna is also used to clear pitta and as a cooling and cleansing remedy for skin inflammations, obesity, and hypertension associated with that humor.

## MILK THISTLE

### ACTIONS :

**Bitter tonic, stimulates bile flow, antidepressant, antioxidant, antiviral, stimulates milk flow.**

### SEEDS

**Tincture:** Take 20–50 drops on a little water for liver and gallbladder problems or to stimulate the digestion. Take up to 5 ml daily in water as a preventative if there is a history of gall stones or liver disease: combine with an equal amount of dandelion root tincture. Instead of water, you can also add the tincture to a cup of peppermint infusion as a digestive tonic.

**Capsules:** Use 1–2 x 200 mg capsules to combat symptoms of a hangover or before drinking alcohol to reduce the risk of liver damage. Regular capsules can help combat the liver damage caused by drug and alcohol abuse.

**Powder:** Use topically to dust varicose ulcers.

**Infusion:** Drink a cup for any liver and gallbladder weakness: combines well with vervain. Use with lady’s mantle and St. John’s wort for premenstrual syndrome.

### LEAVES/FLOWER HEADS

**Infusion:** Drink a cup to stimulate milk production when breastfeeding. Also helps to stimulate digestive function.

\* The seeds are rich in silymarin, which research studies since the 1970s have identified as being highly protective for the liver, helping to combat damage from pollutants and toxins. Extracts of silymarin have been used to treat liver cirrhosis and hepatitis, while taking milk thistle seeds is an effective way to prevent damaging the liver in alcohol abuse. The seeds can also help reduce high cholesterol levels and soothe inflammations of the gallbladder. Studies have also shown that milk thistle is a more powerful antioxidant than vitamin E so can help prevent damage to tissues caused by free radicals.

## TOMATO

### ACTIONS :

**Antiscorbutic, antimicrobial, diuretic, mild laxative, digestive stimulant, reduces acidity in the blood.**

### JUICE

**Plain Juice:** Drink three glasses of juice each day as a restorative tonic during debility and convalescence. Drink a glass before meals to stimulate the digestion.

**Lotion:** Mix 100 ml of tomato juice with 50 ml of vodka or other strong alcohol and shake well. Use as a lotion to help prevent acne.

**Poultice:** Use chopped fresh tomatoes as a face pack to clear acne pustules. Leave for half an hour and then rinse with clean water.

### LEAVES

**Fresh:** Rub crushed leaves on insect bites to relieve itching and discomfort.

### FRUIT

**Cooked fruit:** Cooking tomatoes make the lycopene easier to absorb.

Use tomatoes daily in sauces, casseroles, and stews as a preventative for prostate cancer and heart disease.

**Fresh fruit:** Eat fresh tomatoes to ease arthritis, rheumatism, and gout: the plant is oxalate free and will clear uric acid and toxins from the system.

\* The fruit of the tomato is rich in nutrients: 100g provides the necessary daily intake of vitamins A, B1, C, and folic acid. It also contains rutin, so it can help to strengthen the capillaries. Research in the U.S. suggests that men who eat at least 10 servings of tomatoes a week have a 45% reduction in the risk of prostate cancer. This is probably due to the presence of lycopene, a type of carotene, which may be anti-tumor. Lycopene is also believed to reduce the risk of heart disease - one study suggests by as much as 50%.

## WOOD BETONY

### ACTIONS :

**Sedative, bitter digestive remedy, nervine, circulatory tonic particularly for cerebral circulation, astringent.**

### AERIAL PARTS

**Infusion:** Use in low doses (1 teaspoon per cup) as a general relaxing and tonic herb for everyday drinking. In therapeutic doses it can be used for menstrual pain, migraines, and other headaches, nervous tension, as a digestive stimulant and cleanser. Combine with elderflower or yarrow and drink hot at the onset of colds or flu. The hot infusion can also be drunk during difficult or painful labor.

**Tincture:** Use as the infusion. Especially helpful for nervous headaches when it combines well with lavender. For catarrhal conditions use with ground ivy or coltsfoot. Also useful as a cleansing herb in toxic and arthritic conditions.

**Poultice:** For wounds and bruises.

**Tonic wine:** Macerate 50 g of betony with 25 g each of vervain and hyssop in 750 ml of white wine for two weeks. Use for nervous headaches and tension in liqueur glass doses.

**Mouthwash:** Use an infusion for mouth ulcers and gum inflammations. Also as a gargle for sore throats.

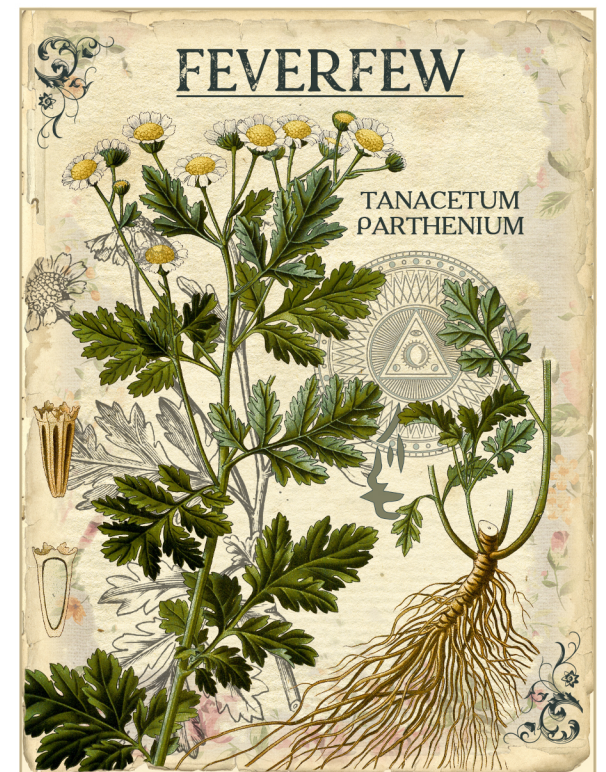
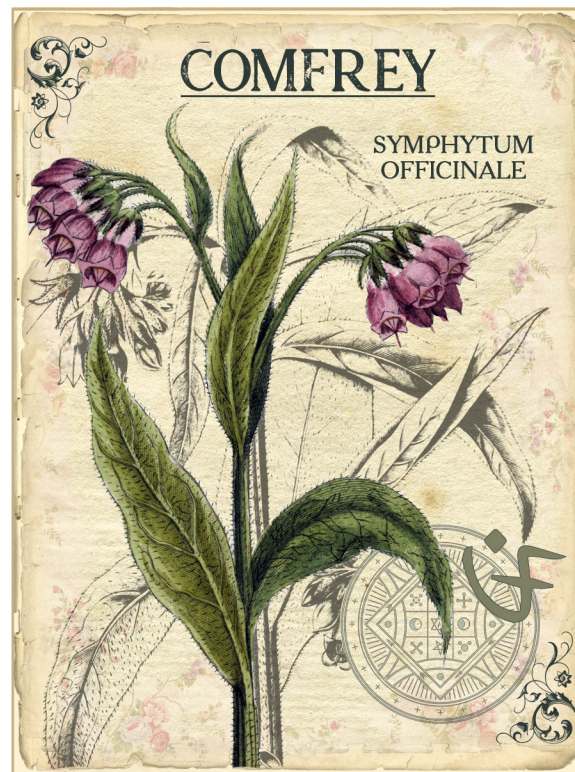
**Wash:** Use an infusion for leg ulcers and infected wounds.

### CAUTIONS:

- Uterine stimulant; avoid high doses during pregnancy but drink betony tea during labor.

\* Wood betony was the most important herb in the Anglo-Saxon repertoire, wood betony had around thirty uses listed in the Leech Book of Bald. Mainly used for headaches and nervous disorders, the herb is also a good digestive remedy - stimulating and cleansing for the system - with a mild diuretic action. It can be used as a pain killer and wound herb and may be helpful for catarrh and coughs. Harvest in summer while flowering.







## CHICKWEED

### ACTIONS :

Astringent, antirheumatic, wound herb, demulcent.

### AERIAL PARTS

#### S. media

Infusion: Use the fresh herb, if possible, to produce a tonic, cleansing mixture for tiredness and debility. Also helpful for urinary tract inflammations such as cystitis.

Poultice: Use the fresh plant for boils and abscesses; also for rheumatic pain.

Tincture: Can be added to remedies for rheumatism.

Compress: Use the hot decoction or soak a hot pad in the tincture for rheumatic pains.

Cream: Used for eczema — especially if it is itching.

Infused oil: Use the cold infusion method for fresh herb or the hot method for dried, either can be used as an alternative to creams for irritant skin rashes or add 1 tablespoon to the bath-water for eczema sufferers.

### ROOT

#### S. dichotoma

Decoction: Use for hot fevers related to weakness in chronic illness.

\* Made into creams, the aerial parts are used today for eczema and skin irritations. In mainland Europe, the plant is generally taken internally as a cleansing diuretic and tonic used for rheumatic pains and debilitated conditions. Harvest throughout the growing season.

\*\* In China yin chai hu is used as a cooling herb in fevers and also to stop nose bleeds, heavy menstrual bleeding, and similar bleeding disorders. It is also given as a tonic for malnourished children reflecting its European use as an emergency free food in poor country districts.

## COMFREY

### ACTIONS :

Cell proliferator, astringent, demulcent, wound herb, expectorant.

### AERIAL PARTS

Tincture: Use a standard dose internally for gastric ulceration, oesophagitis, hiatus hernia and ulcerative colitis. Treatment should not be continued beyond 6–8 weeks because of the potential risk of liver damage due to pyrrolizidine alkaloids.

Infused oil: Make by the hot infusion method and use as a massage for arthritic joints, sprains, bruises, and other traumatic injuries. Can also be used for inflamed bunions.

Compress: Soak a pad in the diluted tincture for bruises, sprains and other painful injuries

Cream: For any bone, cartilage, or muscle damage. For osteoarthritis apply cream twice daily for at least two months.

Syrup: Sweeten 500 ml of the infusion with 500 g of honey for dry coughs or stubborn, thick, phlegm.

Poultice: Use the pureed leaves on minor breaks that would not normally be set in plaster -such as broken toes, ribs, or hairline cracks in larger bones.

### ROOT

Poultice: Make a paste of powdered root with a little water and use on varicose ulcers and other stubborn wounds. The same paste can be used on bleeding hemorrhoids.

### CAUTIONS:

- Only take internally under professional guidance; the plant contains pyrrolizidine alkaloids which have been linked by some researchers to liver cancer in rats whose diets were composed of 33% comfrey leaf. Do not take the root internally.
- Do not use on dirty wounds as rapid healing may lead to trapped dirt.
- Use is restricted in Australia, New Zealand, Canada, and Germany.

## FEVERFEW

### ACTIONS :

Anti-inflammatory, vasodilator, relaxant, digestive stimulant, emmenagogue, anthelmintic.

### AERIAL PARTS

Fresh herb: Eat one leaf daily as a prophylactic against migraines.

Tincture: Use 5–10 drops at 30 minute intervals at the onset of migraines. It is best for “cold” type migraines involving vasoconstriction and eased by applying a hot towel to the head. For the acute stages of rheumatoid arthritis add up to 2 ml of tincture, three times a day to other herbal remedies.

Poultice: Use the hot herb fried in a little oil as an abdominal poultice for colicky pains.

Infusion: Drink a weak infusion (15 g to 500 ml of water) after childbirth to encourage cleansing and tonifying of the womb; also for menstrual pain associated with sluggish flow and congestion.

### CAUTIONS:

- Mouth ulcers are a common side-effect of eating fresh leaves.
- The herb has a salicylate-like anti-prostaglandin action and it should be avoided by patients on warfarin, heparin and other blood-thinning drugs as it can affect blood clotting rates.

\* The name feverfew is a corruption of featherfew, a description of its fine petals. In the past, feverfew was primarily known as a woman's herb for womb disorders or delayed menstruation. It was mainly used externally in poultices or “squatting inhalations” (where the woman crouches over a bowl of the steaming decoction, absorbing the herb into the vagina). Today it is mainly used for migraines and, as an anti-inflammatory, is also recommended by some for rheumatoid arthritis. Harvest in summer before flowering.

## DANDELION

### ACTIONS :

Leaves: diuretic, hepatic and digestive tonic.

Root: liver tonic, cholagogue, diuretic, laxative, antirheumatic.

### LEAVES

#### T. officinale

Juice: Either the juice or fluid extract should be used when a diuretic action is needed. Up to 20 ml three times daily can be used.

Infusion: This is less effective than the juice but can be used as a cleansing herb in toxic conditions. The freshly dried leaves should be used.

Fresh herb: The leaves can be added to spring salads as a cleansing remedy.

Tincture: This is often added to remedies for failing heart and ensures adequate potassium intake.

### ROOT

#### T. officinale

Tincture: Fresh root should be used as a liver stimulant in hepatic disorders and for toxic conditions such as gout, eczema, or acne.

Decoction: Used as the tincture, but is less effective as a diuretic than the leaf.

### AERIAL PARTS

#### T. mongolicum

Decoction: Use 10–30 g to 300 ml of water per dose for urinary tract infections, boils, and similar “hot” infections.

\* A comparative newcomer to the medicinal repertoire, dandelion was not mentioned in Chinese herbals until the seventh century, while in Europe, it first appears in the *Ortus Sanitatis* of 1485. The name dandelion was apparently invented by a fifteenth century surgeon who compared the shape of the leaves to a lion's tooth or *dens leonis*. In the West, we use the leaves and root separately, but the Chinese prefer just the aerial parts of various Asiatic species of dandelion, including *T. mongolicum*.

## MYROBALAN

### ACTIONS :

*T. belerica* / *T. chebula*: Astringent, rejuventative tonic, expectorant, laxative, anthelmintic, antiseptic.

*T. arjuna*: Cardioprotective, liver protective, mild diuretic.

### FRUIT -*T. BELERICA*

Poultice: Use crushed fruits spread on gauze as a poultice for sore eyes: put the gauze onto closed eyelids and relax for 10–15 minutes.

Powder: Mix 1 teaspoon of powder with 1 teaspoon of honey for sore throats and vocal problems.

Gargle: Use an infusion of the dried fruits or a juice extract of fresh fruit as gargle for sore throats.

### BARK -*T. ARJUNA*

Tincture: Take 40 drops to 5 ml daily, in three doses to help protect against heart disorders or to combat angina pectoris and irregular heartbeat.

Decoction: Take half a cup three times daily to help improve heart energies and performance.

### FRUIT -*T. CHEBULA*

Decoction: Use 1 teaspoon of dried fruit per cup of decoction as a strengthening tonic for respiratory and digestive systems.

Wash: Use the infusion or decoction as a wash for ulcerated skin sores and infections. The same wash can also be used as a douche for vaginal discharges and infections.

Syrup: Use the decoction and honey to make a syrup for persistent, rasping coughs or hoarseness.

Mouthwash: Use the strained decoction or ½ teaspoon of powder in water as a mouthwash for mouth ulcers and bleeding gums; the powder was traditionally used to whiten teeth and prevent decay and gum diseases.

### CAUTIONS:

- Avoid all *Terminalia* spp. in pregnancy and severe exhaustion or excess heat syndromes.

## THYME

### ACTIONS :

Antiseptic expectorant, antispasmodic, astringent, antimicrobial, diuretic, antitussive, antibiotic, wound herb, topically rubifacient.

### AERIAL PARTS

#### T. vulgaris & T. serpyllum

Infusion: Combine with chamomile as a general purpose everyday tonic tea (1 teaspoon of the dried herbs per cup of boiling water). In therapeutic doses use for chest infections, stomach chills or irritable bowel syndrome.

Tincture: Use for diarrhea associated with stomach chills or combine with other expectorant herbs for chest infections.

Gargle: Use the infusion or diluted tincture for sore throats.

Compress: Use a hot pad soaked in tincture for both lung complaints and muscle pain.

Mouthwash: For gum disease.

Syrup: Use the infusion preserved with honey or sugar for coughs and lung infections. Combines well with licorice and white horehound.

### ESSENTIAL OIL

Oil: Diluted thyme oil (10 drops in 20 ml of water) can be used for insect bites and infected wounds.

Bath: Add 5 drops to baths for debility and arthritic conditions.

Combines well with rosemary.

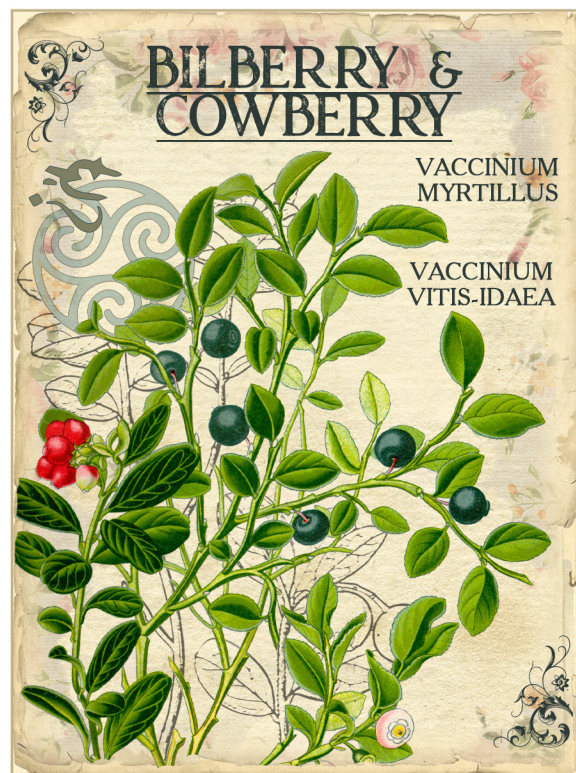
Chest rub: Use 10 drops in 20 ml of almond/vegetable oil for bronchitis and chest infections. Can be combined with hyssop or eucalyptus oils.

Massage oil: Use 10 drops each of thyme and lavender oils in 25 ml of almond or vegetable oil for rheumatic pains or strained muscles.

### CAUTIONS:

- Thyme oil can irritate the mucous membranes and must always be used well-diluted.







## RED CLOVER

### ACTIONS :

Alterative, antispasmodic, diuretic, possible estrogenic activity.

### FLOWERS

Tincture: Use a standard dose internally eczema and psoriasis. Combines well with heartsease for childhood eczema.

Syrup: Use a standard syrup for stubborn, dry coughs and especially for whooping cough: combine with marshmallow, hyssop, or mullein.

Fresh: Use the crushed flowers directly on insect bites and stings.

Eye bath: Use diluted tincture or a well-strained infusion for conjunctivitis.

Compress: Use a hot pad soaked in diluted tincture for arthritic pains and gout.

Ointment: Use fresh flowers and simmer with water in a slow cooker for 48 hours. Strain, evaporate the residue to semi-dryness and combine with a standard ointment base for lymphatic swellings.

Douche: Use a standard infusion for vaginal itching.

*\* Although red clover has been grown as a fodder crop for cattle for at least 500 years, it also has a long history as a medicinal herb. Gerard called it, meadow trefoil and "three-leaved grasse," and its familiar three-lobed leaves were associated with the Trinity by medieval Christians who carried a bunch to help identify witches and sorcerers. The Romans used strawberry-leaved clover (*T. fragiferum*), a Mediterranean plant, which Pliny recommended taking in wine for urinary stones, while the root was used for dropsy.*

*Mainly used as a cleansing herb for skin complaints, especially in childhood.*

*The flowers are also useful for coughs, possibly because of the cyanogenic glycosides, and have been widely used for bronchitis and whooping coughs. In the 1930s they became popular as an anti-cancer remedy and may still be used for breast, ovarian, and lymphatic cancers. As a gentle, anti-inflammatory, and cleansing wound herb it can be useful for persistent sores, eye inflammations, and insect bites. Harvest during flowering.*

## FENUGREEK

### ACTIONS :

**Seeds:** Anti-inflammatory, digestive tonic, galactagogue, locally demulcent, uterine stimulant, hypoglycemic.

**Whole herb:** Antispasmodic.

### SEEDS

Decoction: A standard decoction can be used as a warming drink for menstrual pains, stomach upsets, and to increase milk flow in nursing mothers. It has a bitter taste, which can be disguised with a little fennel or aniseed.

Tincture: Used for reproductive disorders and conditions involving kidney qi weakness. May be combined with other hypoglycemic herbs in diabetic treatments.

Capsules: Two or three taken after meals can help control glucose metabolism in late-onset diabetes and to lower cholesterol levels in those at risk from heart disease.

Poultice: The powdered herb can be made into a paste and used for boils and cellulitis.

### AERIAL PARTS

Infusion: The dried plant is available in parts of the Middle East and Balkans and a standard infusion is used for abdominal cramps, labor, and menstrual pains.

### CAUTIONS:

- Insulin dependent diabetics should seek professional advice before using fenugreek as a hypoglycemic.
- A uterine stimulant, so avoid in pregnancy although it may be taken during labor.

*\* Warming for the kidneys and reproductive organs, it is used in China to treat male impotence. The herb can be used for menstrual pains and for menopausal problems related to kidney weakness. Traditionally it was used as an aphrodisiac since the steroidal saponins it contains mimic the body's sex hormones. It is a bitter digestive remedy also used to regulate glucose metabolism in diabetes. Harvest the seeds when ripe.*

## COLTSFOOT

### ACTIONS :

Relaxing expectorant, anti-catarhal, demulcent.  
Topically: Tissue healer and demulcent.

### FLOWERS

Decoction: Use for irritable coughs and catarh. Also for coughs associated with the common cold or flu.

Syrup: Add 500 g of honey or sugar to 500 ml of infusion and heat gently to form a syrup. Use in 5 ml doses for coughs. The syrup is more moistening for dry, stubborn coughs.

Tincture: Used for chronic or persistent coughs. Combines well with thyme and elecampane.

### LEAVES

Poultice: Use the fresh leaf for ulcers, sores, and other slowly healing wounds.

Cigarettes: The dried leaf can be rolled in cigarette paper and smoked for asthma and bronchitis. Can be combined with dried thyme and eyebright leaf.

Decoction: As for flowers.

Tincture: As for flowers.

### CAUTIONS:

- Contains pyrrolizidine alkaloids which are believed to cause liver damage. However, Swedish research suggests that in coltsfoot these are destroyed in making a decoction and the quantity is too minute to be harmful.

*\* Smoking coltsfoot for coughs and asthma was recommended by Dioscorides. Its botanical name means "cough dispeller" and even now herbal cigarettes often contain the plant. The flowers appear in late winter and only when they have died down do the leaves come - hence the plant's old name filius ante patrem (the son before the father). In China only the flowers, known as kuan dong hua, are used.*

## STINGING NETTLE

### ACTIONS :

Astringent, diuretic, tonic, nutritive, hemostatic, circulatory stimulant, galactagogue, hypoglycemic, antiscorbutic.

### AERIAL PARTS

Juice: The juice from the whole fresh plant makes a good tonic for debilitated conditions and anemia. It can also be used for nettle stings. The fresh juice is also diuretic and is used for cardiac insufficiency with edema.

Infusion: Use the young fresh shoots to make a spring tonic. A standard infusion can be used to stimulate the circulation and cleanse the system in arthritis, rheumatism, gout, and eczema. Also to increase milk flow in nursing mothers.

Tincture: Used in combinations with relevant herbs for arthritic disorders, skin problems or heavy uterine bleeding.

Wash: For burns, insect bites, wounds.

Compress: A pad soaked in the tincture can be applied to painful arthritic joints and used for gout, neuralgia, sprains, tendonitis, and sciatica.

Ointment: For hemorrhoids (piles).

Powder: The powdered leaves can be inhaled as snuff for nosebleeds.

### ROOT

Hair rinse: A decoction can be used for dandruff, falling hair, and as a general conditioner.

Decoction: Use with saw palmetto for benign prostate enlargement.

*\* Nettles "rob the soil," making them rich in vitamins and minerals, including iron, so a good tonic for anemia. The high vitamin C content also ensures that the iron is properly absorbed. They help clear uric acid from the system so are good for gout and arthritis, while the astringency makes them valuable in stopping bleeding. Nettles "sting" because of histamine and formic acid in the hairs, which trigger an allergic response. Harvest (with care) while flowering.*

## BILBERRY & COWBERRY

### ACTIONS :

Astringent, hypoglycemic, tonic, antiseptic, antiemetic.  
Some species also diuretic.

### FRUIT

#### V. myrtillus

Juice: The unsweetened juice is most effective for diarrhea - use 10 ml doses. The diluted juice can also be used as a mouthwash for ulcers and inflammations. Diluted with witch hazel, it makes a cooling lotion for sunburn and other skin inflammations.

Powder: This is useful for babies and infants, mix 150 mg per 1 kg bodyweight into the baby's feed: best used heated or slightly cooked.

Fresh raw berries: Eat a large bowl of the whole fresh berries with sugar and milk or cream for constipation.

Decoction: Use one glass of a standard decoction daily for chronic diarrhea.

### LEAVES

#### V. myrtillus

Infusion: Use in standard doses as an adjunct to dietary controls in late-onset, non-insulin dependent diabetes mellitus. Combines well with goat's rue and may be flavored with peppermint in long-term use.

Mouthwash: Use a standard infusion as a mouthwash or gargle for ulcers and throat inflammations.

#### V. vitis-idaea

Infusion: Use a strong infusion (40 g to 500 ml of water) in standard doses for cystitis and other urinary tract infections. The leaves can also be used instead of bilberry leaves with goat's rue and peppermint in diabetic therapy.

### CAUTIONS:

- Insulin dependent diabetics should not use hypoglycemic teas without professional guidance.

## VALERIAN

### ACTIONS :

Tranquilizer, antispasmodic, expectorant, diuretic, hypotensive, carminative, mild anodyne.

### ROOTS

Maceration: Soak two teaspoons of the chopped, preferably, fresh root for 8–10 hours in a cup of cold water. Used as a sedating brew for anxiety and insomnia. Add 2–3 drops of peppermint water to disguise the flavor.

Tincture: Dosage can vary considerably with individuals — up to 5 ml may be required but in some people this can cause headaches so start with low doses. Use as a sedative or for insomnia. The tincture can be combined with licorice and other expectorants for coughs.

Wash: Use the infusion or maceration for chronic ulcers, wounds or for drawing splinters.

Compress: A pad soaked in the tincture can ease muscle cramps.

### CAUTIONS:

- Easily confused with the popular garden plant red "American" valerian (*Centranthus ruber*).
- Do not use for more than two or three weeks without a break as continual use or high doses may lead to headaches and palpitations.
- Enhances the action of sleep-inducing drugs so avoid if taking this type of medication.

*\* Sometimes described as nature's tranquilizer, valerian calms the nerves without the side effects of comparable orthodox drugs. It has a distinctive, rather unpleasant smell and was aptly called phu by Galen. In recent years, it has been well-researched, and chemicals called valepotriates, which develop in valerian extracts, have been identified. These seem to have a depressant effect on the nervous system, while the fresh plant is more sedating.*



# MULLEIN

VERBASCUM  
THAPSUS



# VERVAIN

VERBENA  
OFFICINALIS



# GUELDER ROSE & BLACK HAW

VIBURNUM  
SPP.

GUELDER  
ROSE  
(V. OPULUS)  
BLACK  
HAW  
(V. PRUNIFOLIUM)



# SWEET VIOLET & HEARTSEASE

SWEET VIOLET  
(V. ODORATA)  
HEARTSEASE  
(V. TRICOLOR)

VIOLA SPP.



# WINTER CHERRY

WITHANIA  
SOMNIFERA



# GINGER

ZINGIBER  
OFFICINALIS





## MULLEIN

### ACTIONS :

Expectorant, demulcent, mild diuretic, sedative, wound herb, astringent, anti-inflammatory.

### FLOWERS

**Syrup:** Use a standard syrup in 5–10 ml doses for chronic, hard coughs. Combine with elecampane or hyssop if desired.

**Gargle:** Use a standard infusion of the flowers as a gargle for tracheitis, tonsillitis, or laryngitis.

**Tincture:** Use up to 20 ml daily for all sorts of chronic, dry chest conditions. Also for throat inflammations. Combine with eyebright for hay fever.

**Infused oil:** Make the oil using the cold infusion technique and use drops for the pain of ear infections. The same oil can be used as a salve on wounds, hemorrhoids, eczema, swollen glands, or in conditions like blepharitis.

### LEAF

**Infusion:** Use a strong infusion of dried herb (50 g to 500 ml water) for chronic coughs and throat inflammations. This also has a diaphoretic effect so can be useful for feverish chills with hard coughs.

**Tincture:** Use standard doses for chronic respiratory disorders - combine with elecampane, white horehound, mulberry bark, or hyssop.

**Cigarettes:** Crushed dried leaves can be rolled in cigarette papers and smoked for asthma and bronchitis; alternatively, they can be smoked in a pipe. Can be combined with coltsfoot leaf.

### CAUTIONS:

- Do not use as eardrops if the ear drum is perforated.

*\*Used for respiratory disorders, the leaves were once made into herbal "tobacco" and smoked for asthma and tuberculosis. The plant is also generally antiseptic and loaves and fruits were traditionally wrapped in the large leaves to help preserve them. Harvest before flowering in the second year.*

## SWEET VIOLET & HEARTSEASE

### ACTIONS :

**V. odorata:** anti-inflammatory, stimulating expectorant, diuretic, antitumor remedy.

**V. tricolor:** expectorant, anti-inflammatory, diuretic, antirheumatic, laxative, stabilizes capillary membranes.

### AERIAL PARTS

#### V. tricolor

**Infusion:** Use a standard infusion as a cleansing remedy toxic conditions and as a gentle stimulant for the circulation and immune system; useful in such conditions as for rheumatic disorders, chronic skin problems, and chronic infections.

**Wash:** Use the standard, well-strained infusion, for conditions such as diaper rash, weeping sores, varicose ulcers, and oozing insect bites.

**Powdered herb:** This can be used as a paste on skin sores and ulcers.

**Tincture:** Add to remedies for capillary fragility, urinary disorders, digestive upsets, and lung problems. Useful for complex syndromes affecting many body systems.

**Cream:** Make a standard cream for skin rashes and irritant eczema.

#### V. odorata

**Infusion:** Use a standard infusion for catarrh and chesty coughs.

**Mouthwash:** Use a standard infusion for mouth and throat infections.

**Syrup:** Sweeten a standard infusion with honey or sugar (500 ml infusion to 500 g honey) for coughs. Can combine with coltsfoot flowers.

**Tincture:** Use 10–15 ml of a standard tincture three times day after surgery for cancer of the breast, lungs or digestive tract. Can be used in standard doses with other expectorant herbs for bronchitis and coughs.

### CAUTIONS:

- High doses of saponin-containing herbs can lead to nausea and vomiting.

## VERVAIN

### ACTIONS :

Relaxant tonic, galactagogue, diaphoretic, nervine, sedative, antispasmodic, hepatic restorative, laxative, uterine stimulant, bile stimulant.

### AERIAL PARTS

**Tincture:** For nervous exhaustion and depression — combines well with oats; as a liver stimulant for sluggish digestion, toxic conditions, or jaundice; and with other urinary herbs for stones and conditions related to excess uric acid, such as gout.

**Infusion:** Can be sipped during labor or to simulate milk flow in nursing mothers. Also for insomnia and nervous tension or to encourage sweating and stimulate the immune system in feverish conditions.

**Mouthwash:** Use the infusion for mouth ulcers and soft, spongy gums.

**Ointment:** Use on eczema, wounds, and running sores. Also for painful neuralgia.

**Poultices:** Use on insect bites, sprains, and bruises.

### CAUTIONS:

- Uterine stimulant; avoid in pregnancy.
- May cause vomiting in excessive doses.

*\* Vervain is one of Dr. Bach's original twelve remedies. It is used for mental stress and overexertion with related insomnia and inability to relax. An effective nerve tonic, liver stimulant, urinary cleanser, and fever remedy, vervain also encourages milk flow and can be taken during labor to stimulate contractions. It has a number of topical uses for sores, wounds and gum disorders. In China, the plant is known as ma bian cao and is used mainly as fever herb for malaria and flu. Traditional Chinese medicine holds that it stimulates the circulation, and the herb is used for scanty and painful menstruation as well as for urinary disorders. Traditionally harvested in July and August when the dog star can be seen in the heavens.*

## WINTER CHERRY

### ACTIONS :

Tonic, nervine, sedative, anti-inflammatory, antitumor.

### ROOT

**Powder/capsules:** Use 250 mg to 1 g per dose as a restorative tonic in over-work, exhaustion, sleep problems, and debility caused by chronic disease. Up to 5 g per day can be used in warm milk sweetened with a little sugar. Regular use can also help in degenerative disorders such as arthritis.

**Decoction:** Drink a cup for weakness in pregnancy or use ½ cup to encourage healthy growth in children or to help strengthen weak and emaciated children. The root is also decocted in milk to enhance its tonic effects or can be combined with half as much long pepper to similarly increase its potency.

**Wash:** Use the decoction externally as a wash for wounds, sores, and skin inflammations.

**Tonic wine:** Use the tonic wine or tincture as the basis for an iron tonic in anemia, which will also encourage hemoglobin production.

### LEAVES

**Infusion:** Used as a calming narcotic for those suffering from debilitating fevers and stress. Drink a cup at night.

**Powder:** Studies suggest the leaves may help act as a preventative for cancer: take ½ teaspoon in a little water each day.

*\*The root is used as a tonic to encourage healthy growth in children and combat emaciation caused by famine. It is important for the elderly increasing vigor and energy and, in one clinical trial, improved sexual performance in more than 70% of the men over age fifty involved. Studies have also shown that it can help increase body weight, slow the development of lung cancers in laboratory animals, and apparently encourage tumor regression in some cases. Studies also suggest ashwagandha can nourish the blood, improving hemoglobin levels in anemia. The plant shows strong anti-inflammatory activity similar in action to human steroidal hormones.*

## GUELDER ROSE & BLACK HAW

### ACTIONS :

Antispasmodic, sedative, astringent, muscle relaxant, cardiac tonic, uterine relaxant, sedative, anti-inflammatory.

### ROOT BARK -V. PRUNIFOLIUM

**Tincture:** Use as a simple for menstrual pain either in 20-30 drop doses taken frequently or as a single 20 ml dose taken at the first hint of muscle cramps. Both approaches are effective but one or other may be more effective for a particular individual. Take a similar approach for post-partum pain. Use in standard doses for other menstrual irregularities and menopausal syndrome. Can also be added to hypertensive remedies. **Decoction:** Less effective than the tincture. Drink a cup of string decoction for menstrual pains.

### BARK -V. OPULUS

**Tincture:** Use in standard doses as a relaxant for nervous or muscular tension. Useful for colicky conditions of the intestines, gallbladder, or urinary system. Combine with skullcap or valerian for nervous tension. Add to digestive remedies for irritable bowel or with butternut or rhubarb root for constipation associated with tense personalities who do not "let go." May be helpful with chamomile for asthmatic spasms and with cinnamon twigs for vasospasm associated with poor peripheral circulation. **Cream:** Mix the tincture with a standard base (such as emulsifying ointment) to make a cream and apply for muscle cramps, as in the legs, or for shoulder tension. Add 10 drops of lobelia tincture per 50 ml of cream if required.

*\* An alternative name for guelder rose (V. opulus) is cramp bark which neatly sums up its main medicinal action as a muscle relaxant. A close relative, black haw (V. prunifolium) is an important American variety known for its significant relaxing action on the womb was soon recognised.*

## GINGER

### ACTIONS :

Circulatory stimulant, peripheral vasodilator, diaphoretic, expectorant, antiemetic, antispasmodic, carminative, antiseptic. **Topically:** rubefacient.

### FRESH ROOT

**Decoction:** Use 1–2 slices of root to a mug of water, simmer for 10 minutes and drink for chills and catarrhal colds. A pinch of cinnamon can be added to the mixture.

**Tincture:** Use 2-10 drops of a 1 in 5 tincture per dose as a warming circulatory stimulant where poor circulation may be contributing to chilblains, cold feet and hands, etc. Also for flatulence, indigestion and nausea.

### DRIED ROOT

**Capsules:** Take 1–2 200 mg capsules before travelling for seasickness, travel sickness, etc. Up to 1 g doses can be used for morning sickness in pregnancy.

**Decoction:** Used in many Chinese tonic formulas in combination with herbs such as ginseng, bai zhu, or specially prepared monkshood as a restorative for yang or spleen energies. Also combined with herbs such as ban xia, huang lian, and huang qin for abdominal fullness, nausea, and excess phlegm.

### ESSENTIAL OIL

**Massage rub:** Add 5–10 drops of essential oil to 25 ml of almond oil as a rub for rheumatism or lumbago. Combine with juniper or eucalyptus oil.

**Essential oil:** Use 1–2 drops on a sugar lump or in a half a teaspoon of honey for flatulence, menstrual cramps, nausea, or stomach upsets.

### CAUTIONS:

- Avoid excessive amount of ginger if the stomach is already hot and over-stimulated as in peptic ulceration.
- Use with respect in early pregnancy although it can be safely taken for morning sickness in the doses described.